

More complaints on Step Falls parking, sanitation

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The Bethel Citizen

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Serving Bethel and neighboring communities in the mountains of western Maine



Wendy Green at her Albany home with the herb Valerian.

Submitted photo

Wendy Green demystifies herbs

By JOYCE WHITE

Special to the Citizen

Single again while her daughter was still young, Wendy Green, 60, of Albany has acquired many skills and abilities.

In 2004 she found 10 acres of cut-over land with a beautiful brook running through it in Albany Township. Using her rudimentary knowledge of carpentry and a lot of common sense and hard work — along with basic, battery-powered tools and a chain saw — she built her simple, comfortable home along with outbuildings and a barn for her horses.

Living off the grid since 1992, Wendy just this spring had electricity and water brought into the house. She cuts her own wood, plows snow with her John Deere tractor, and creates her own gardens along with learning and teaching about plant medicine.

Her philosophy of living

simply, but well, informs all aspects of her life, including the use of plants in creating and maintaining health. She would like to demystify the term herb and encourage everyone to learn to use plants for our well-being. The aim of plant medicine, as well as the food we get from plants, she says, is to "cleanse, nourish and vitalize."

The process of learning to use plants for good health began in 1981 when she was pregnant and continues to this day. Along with a lot of reading, learning what older generations have used, and learning to grow her own plants, she began studying the use of plants in healing with Dr. John Christopher in 2000. She is currently enrolled in a course of herbal medicine with Rosemary Gladstar.

Wendy shares her knowledge—and says she learns a lot from the teaching—

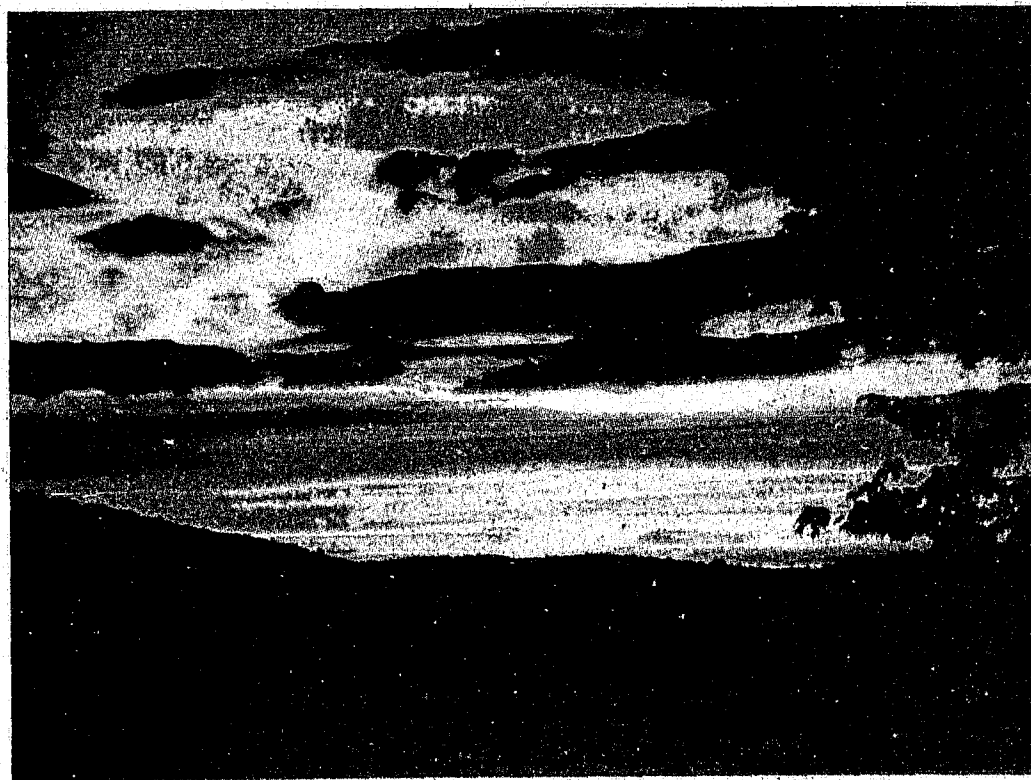
with individuals and groups and in summer through Saturday morning herb walks.

It was raining the day of a recent herb walk, so the participants sat at Wendy's kitchen table and drank red clover tea while she discussed some of the whys and hows of using plants for healing.

Among the herbs hanging from the rafters above were bundles of comfrey and hyssop and plantain. On two large screens hanging horizontally on cords from the rafters were bright, orange calendula blossoms on one and red clover blossoms on the other.

The dried red clover blossoms are stored for year-round use in tea and medicinal extracts. Calendula petals will go into a salve and the dried leaves of hanging plants will be crumbled and stored for

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SUNSET OVER BIRD HILL, with North Pond in the foreground, this past weekend.

A. Wight Chapman

Greenwood board takes stand on assault weapons

By ALISON ALOISIO

Greenwood selectmen are taking the rare step of weighing in on a national issue by supporting restrictions on assault weapons.

"I don't think there's any need of people having these," said board Chairman Fred Henderson, who brought the idea to last week's meeting.

"Hell, no," said Selectman Amy Chapman.

"I agree with you. I think it's crazy," said Selectman Arnie Jordan. "You don't need assault weapons to go hunting."

The board agreed to send a letter to state legisla-

tors making their views known.

"I think we should take a stand," said Henderson.

Gun control is an ongoing issue at the national level, with debate continuing on whether restricting ownership of assault weapons would have an effect on mass shootings.

Jordan noted that every time a ban is discussed, "sales go up."

Alan Seames, Greenwood's highway foreman, was at the meeting for another topic.

But he also spoke up on the gun issue.

"I do hunt with them [assault rifles]," he said.

"I've got a five-round clip. It's an AR-15."

"I've got one, too," said resident Butch Fuller, who was also at the meeting. "The bad guys are going to get them. You might as well give up the point of banning them. If they want to get them, they're going to get them."

"Some people are, that's true," replied Henderson. "No way we're going to stop everything. But if you stop one, that's something."

The board asked Town Manager Kim Sparks to draft a letter for them to review at their next meeting on Aug. 2.

Greenwood ponders 'Local Food Ordinance' to protect farmers, bake sales, public suppers

By ALISON ALOISIO

Greenwood selectmen are considering a citizen request to propose a "Local Food Ordinance" that would protect the sales of home-grown and home-prepared food in the town.

Suzanne Dunham, owner of Dunham Farm, said the ordinance would protect people who want to sell their backyard garden produce at a farmer's market, as well as public suppers and bake sales.

"Most people don't know the USDA can come in and shut them down," she said, though that is a rare occurrence.

She said an ordinance would exempt producers from licensure for the sale of food directly from the producer to a home customer or sold at a community social event.

Dunham said 16 towns

in Maine have such ordinances, and she provided the ordinance from Sedgwick as an example.

That ordinance states that the town has "the right to produce, process, sell, purchase and consume local foods thus promoting self-reliance, the preservation of family farms, and local food traditions. We recognize that family farms, sustainable agricultural practices and food processing by individuals, families and non-corporate entities offers stability to our rural way of life by enhancing the economic, environmental and social wealth of our community."

We have faith in our citizens' ability to educate themselves and make informed decisions. We hold that federal and state regulations impede local

food production and constitute a usurpation of our citizens' rights to foods of their choice."

The ordinance cites state law granting municipalities "all powers necessary to protect the health, safety and welfare" of the town, and goes on to say "It shall be unlawful for any law or regulation adopted by the state or federal government to interfere with the rights recognized by this ordinance."

It says the town may enforce the ordinance through the courts, but also notes that "To the extent any provision of this ordinance is deemed invalid by a court of competent jurisdiction, such provision will be removed from the ordinance, and the balance of the ordinance shall remain valid."

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Road posting traps contractor's skidder

By ALISON ALOISIO

Greenwood selectmen heard last week from a contractor unhappy with their recent posting of the Richardson Hollow Road.

The town completed work and repaving on the road at the beginning of the month, then posted it to heavy traffic to protect the pavement for a time during the heat of summer, according to town officials.

But contractor Don Marois said he had a skidder on a job site on the road, and it had been stuck there for three weeks. "I'm out of work. You didn't give

me a chance to move it," he said.

Marois said he had talked to a civil engineer who told him that with 2.5 inches of pavement, there was no reason to post the road, because once its temperature dropped below 70 degrees the asphalt was not going to get any harder.

"I never heard of posting a road in the summer," said Marois.

He then said, "I don't think I can sit here any longer and keep myself composed," and he left the meeting.

The board continued to discuss the problem.

"I sympathize with him, for sure," said Amy Chapman.

Chairman Fred Henderson said he also had not heard of posting roads in the summer.

Selectmen Arnie Jordan said the town needed to protect its investment in the road.

Highway Foreman Alan Seames said the engineering company for the project, S.W. Cole, had recommended posting because of the heavy traffic on the road.

"The sun hits that, it's going to be soft during the

See ROAD, Page 4

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Letters

NOT BETRAYING WAR LEGACY

To the Editor:

In response to Stan Howe's "Keep Vets Park Simple," A little history first. Over the past 4 years a group of 14 citizens have been involved in the Honor Roll Project. Nine members have been there from the beginning and at almost every meeting. Hundreds of hours have already been logged in on this project. Committees included research, design, finance and a site plan acquisition. After having a design just about ready to go, the town approached the committee and asked us if we would consider the property behind the civil war monument as the town had acquired the property. This is the site originally hoped for, however at that time it was unavailable. After negotiations back and forth with Mr. Dunn and a stipulation in the deed stating this property would only be used as a veteran's park, Mr. Dunn relinquished his ownership in favor of the town. With the new site, a new plan had to be developed to fit proportionately in with the property.

I am not sure why one Civil War monument is one of Bethel's most prized icons. The way I see it, it's Bethel's only large monument, except for a tablet on the common recognizing soldiers from a previous conflict. Those two items are the only recognition to area veterans for two wars.

Mr. Howe has sat in on several meetings and we have verbalized that what we are doing and working on are ideas, with a goal for a completed park. At the time we feel we have a plan, we will then present it to the selectman. All ideas are taking into consideration with voting to allow a fair outcome.

Mr. Howe is worried that this park will take away from the Civil War monument. He is worried about violating our Civil War memorial legacy. I disagree. My feelings on this and I am much attuned to the Civil War. It interests me greatly. Whenever we travel to Florida or back I always want to see different sites of Civil War battlefields, etc. But, the Civil War was not the only conflict in history that we are honoring and unfortunately it won't be the last one we honor. Conflicts include the American Revolution, War of 1812, Mexican/American, Civil War, Spanish American (remember the Maine), WW I, WW II, Korean War, Viet Nam, Granada, Panama, Desert Storm, Operation Enduring Freedom, Iraq, Afghanistan and more to come. Where is the recognition all of these soldiers deserve? There are soldiers from each town who were involved in every one of these conflicts. I think all who served their country whether drafted or volunteer deserve that recognition. After all these years isn't it the least we can do?

The Civil War monument is actually the focal point. And right now, it is the focal point with a very large vacant lot behind it. Standing on that lot, you get a sense of how big it is and how little it is going to actually impact the Civil War Monument. I think it will bring more people to that monument. Remember, Mr. Dunn could have paid his taxes, sold this lot to someone else, and someone could have built a huge house, the size of the Dunn house, blocking all abutters' views from Main Street, detracting from the Civil War Monument.

Once upon a time a World War II honor roll with area boys (knows as The Greatest Generation) was at the same site as the Civil War soldier. It was removed and never erected again. What a shame. This group intends to correct that. This committee has the opportunity to create something respectful and honorable to all and not just to the Civil War. To jump to the conclusion of a plan that hasn't been completely finalized is defeating the whole purpose of this committee and the time they have spent working on this project.

Unlike Mr. Howe, who feels names are not necessary, many veterans and family members alike who have submitted DD 214's for proof of service, want to see the names on this honor roll. Three votes have been taken in the committee and all have voted to see names included in this honor roll.

I am not sure what he meant by saying we have a great opportunity to do the right thing without betraying our Civil War legacy and give our veterans much more recognition and truly greater honor.

It wasn't the first war and it won't be the last!

Jane Ryerson
Bethel

LETTERS TO THE EDITOR

The Citizen welcomes letters to the editor. We hope our readers will regard the newspaper as a public forum for discussing any topic they believe to be of interest to the community. Send letters to: Editor, Bethel Citizen, PO Box 109, Bethel, ME 04217-0109. Fax: 824-2426. E-mail: news@bethelcitizen.com.

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NOT CHAMBER SIGNS

To the Editor:

The "Welcome to Bethel" signs placed on CMP utility poles are not Chamber of Commerce signs, they are signs the Bethel Chamber of Commerce did the work to install (legal, logistical, financial ...) for the benefit of the entire Bethel community.

Our survival as a vibrant small town is dependent on our reputation as a welcoming, friendly destination for enjoying the treasures of western Maine. Thank you to the chamber for making this attractive contribution to the image of Bethel: Maine's most beautiful mountain village.

Jonathan Goldberg
Bethel

MORE ON VETERANS PARK AND EBS

To the Editor:

Richard Grover's letter last week attempted to make the case for obelisks with names in the proposed veteran's park as a good way of teaching future generations something about history. As an experienced historian who has worked for over 40 years in academic and public history with age ranges from third graders to graduate students to senior citizens, I find that argument very weak, especially at the cost of diminishing our Civil War monument legacy. I still believe that we should rely on a website with all kinds of information on veterans and leave the park free of obelisks. That course could really inform today's and future generations of this significant history without affecting our 1908 Civil War icon.

On another issue, kudos are due Pat Carter, Peter Southam and Lloyd Sweetser of the Bethel Selectboard for their vote to seek further information on the future of the Ethel Bisbee School. I have always believed public officials have an obligation to make their decisions based on the best available information. As a historic Maine town, Bethel attracts many visitors who appreciate the fact that historic preservation of its built environment has generally been thoughtfully managed. Any threat to these historic resources should be most carefully considered before any action is taken.

Stan Howe
Bethel

COME SEE THE DAY LILIES

To the Editor:

At my home in Newry I have approximately 100 different day lilies. I also have around 40 different hostas. I am inviting anyone who would like to come see them; they are welcome. I am home most afternoons except Sunday. My home is at 12 Crystal Drive on the Bear River Road (Route 26).

My telephone number is 207-357-4342. I am looking forward to sharing something I think is quiet beautiful. The last week in July and the first week in August should be when I have the best bloom. Come see.

Norman Davis
Newry

BOOK SALE THANKS

To the Editor:

The annual Bethel Library book sale which takes place on Mollyocket Day was a financial success for our town library. Many people stepped up to help in a variety of ways. Donating books, sorting books, lugging boxes of books and tables were all part of the process in making this book sale take place.

Telstar football players Eli Mason, Jack Mallory along with Noah Rose and Coach Tim O'Connor helped carry boxes. Gina Douglass, Bronson Douglass and Brian Douglass provided trucks and muscle power to move multiple boxes of books and tables. Eileen Broderick, Priscilla Walker, Kirk Siegel and Madeline Vreeland volunteered their time to help in this annual Library fundraiser.

Thank you also to Gould Academy and Richard Diaz for the use of their tables. Bethel Library Trustees Peggy Wight, Amy Chapman, Scott Smith, Tammy MacDormand, Cathy Newell, Tom Davis, Dean Walker, Marjorie Osgood, Caroline Gould, Martha Siegel and Nancy Brown pitched in to help with the book sale. Town Librarian Michelle Conroy went the extra mile to help with the process of making this fundraiser work for our town library. John Shorb has been a good friend to the Library with providing storage space for books.

In closing I would like to recognize and thank Sandy and Scott Dennis for the many years they gave to the library in organizing this annual book sale. You set the example for all of us to follow in the years ahead.

Linda Howe
on behalf of Bethel Library Association Trustees

MUSIC WITHOUT BORDERS THANKS

To the Editor:

Tamara Poddubnaya, Artistic Director of Music without Borders International Piano Festival at Gould Academy, and I thank the people of Bethel, including many "summer people," for their warm welcome and hospitality over the past four weeks. In celebration of its 10th season on the Gould campus, the festival culminated in the MWB International Piano Competition on July 27, bringing together 13 pianists in three age divisions, including 3 pianists from outside the festival, to compete for the top prizes.

This festival season, young pianists representing six countries came for intensive study with Professor Poddubnaya and presented nearly two dozen free public recitals, including a faculty recital, two afternoon "piano marathons," and Guest Artist recitals featuring the complete cycle of Beethoven's 10 piano-violin sonatas over three Sunday afternoons. Students also played during the early Saturday dinner hour at the Bethel Inn and for Sunday services at the West Parish Congregational Church. During all of these events, the students were rewarded with the respectful attention and admiration of their audiences.

Music without Borders has succeeded over these many seasons because of the dedication and hard work of its talented participants, led by Professor Poddubnaya's consistent and dynamic teaching, AND the many kindnesses of the Gould Academy staff and members of the Bethel community, whose hospitality has only grown over the seasons. The students always fall in love with Bethel and its people.

At the risk of overlooking someone, I mention the special assistance of several people.

Deb Costello provided campus administrative support. Brian Scheidegger and the Ordway Dining Center staff prepared lunches and many wonderful dinners. There were trips for swimming and kayaking - welcome breaks from the many hours spent at the piano. Tineke and Marvin Ouwinga and Lynne and Bud Kulik worked their magic with many things for yet another season. Tineke coordinated home hospitality: delicious dinners and good conversation - and, yes, some piano playing, wherever there was one - offered by Jean and Brendan Bass, Rosemary and John Laban, Lorie and Mike Hoeh, Mary Haberman, Tineke and Marvin Ouwinga, and Charleen and Carley Casey. Tineke, Jan Stowell, and Charleen graciously provided lodging for our competition's jurors, and Lynne and Bud Kulik welcomed Robert and Meri Khojayan Poortinga, our guest artists, into their home.

Tineke, Lynne, and Bud greeted old friends returning to our recitals and warmly welcomed the many newcomers who discover us each season. Sally Taylor and others brought flowers to dress our stage. After the final performance, Tamara and the "piano gang" assembled at Stan Howe's for the now-traditional final-evening desserts. Many people generously donated funds to support the considerable costs of piano preparation and maintenance, as well as help with tuition costs for several students and special expenses incurred by the competition.

Professor Poddubnaya typically returns to campus several times during the regular school year for master classes and Festival Encore recitals, often with one or two of her students. Notices of these special events will go out to our growing e-mail list (Request to be on this list at dchristie@roadrunner.com) and also appear in the Citizen and on the Gould Academy website www.gouldacademy.org.

Tamara Poddubnaya, the Festival students and their families, and I thank all who helped make this 10th season of Music without Borders so successful.

Donald Christie, Jr.
Gray

Volunteer, Music without Borders International Piano Festival at Gould Academy

Our Back Pages

By Danna Brown Nickerson

10 years ago: A traveling exhibition documenting former Sen. Bill Cohen's political career opened at the Bethel Historical Society.

The Bryant Pond Baptist Church celebrated 150 years of worship in its present church building with special services and programs.

Deaths: Norrine Berry, Merle E. Noyes, Shirley B. Gilbert, Annette M. Treen, Stanley E. Palmer.

20 years ago: The Bethel Bicentennial Committee sponsored an Old Time Barn Dance at the Douglass barn in Mayville.

A respectable number of people braved the rainy, wet weather to enjoy the events of Mollyocket Day.

Births: Zachary Croydon Perham, Kyle Raymond Straiton.

Deaths: Joan M. Philbrick, Gladys M. Kilgore, Owen H. Bonney, Jr., Doris C. Lawrence.

30 years ago: The Albany home of Paul Hausman and Lucy Rogers was destroyed by a lightning-caused fire.

Ground was broken for an addition to the Pleasant Valley Bible Church.

Deaths: Robert J. Zaworski, Bertha B. Lewis.

40 years ago: Ron and Rick Shaw performed a two hour concert at the Telstar Auditorium to benefit the Shriners Hospital.

The first 12 units at the Sudbury Village apartment complex for senior citizens were nearly ready for occupancy.

Birth: Misty Lynn Hutchins, Daniel Bradley Barker.

Death: Dawn Marie Bates.

50 years ago: The Directors of SAD 44 named C. Richard Vaughn as principal of the new district high school.

Vandals broke windows in three local businesses, the Campus Restaurant, the Bethel Spa, and Bryant's IGA Food Store.

Birth: Mitchell Alan Sweetser.

60 years ago: The Bryant Pond Baptist Church observed its 100th anniversary.

The local exhibitions and Parents' night of the Bethel 4-H Clubs was held at Odeon Hall.

Births: Karen Louise Campbell, Mark Stanley Bean, Carol Ann Bean.

Deaths: Pfc. Raymond A. Nowlin, Charles Walter Bryant, A/2c Leo J. Rolfe, Mrs. Evy Varney.

70 years ago: A vault was being constructed for the Casco Bank & Trust Company.

It was reported that the Community Room had been used on over 50 occasions since April, with a total of over 700 in attendance.

Deaths: Charles Custer Quimby, Mrs. Minnie Rose Wilson.

80 years ago: A Lincoln sedan was made over into a vehicle to carry the Bethel fire department's hose and ladders.

Mr. and Mrs. Ralph Burris, West Bethel, moved into their new home.

Death: Mrs. Angie S. Parlin.

90 years ago: Gould Academy class of 1911 held their annual reunion at Nason's Camps, Sawyer Lake.

The cement floor in the basement of the Congregational Church was put in. James Boyce of South Paris had charge of the work.

110 years ago: Mr. Will Bryant was the latest addition to the list of Bethel automobilists. He had purchased a Maxwell runabout.

Bethel Grange No. 56 purchased the Pattee Hall property on Spring Street of the estate of the late Mary P. Brackett.

JUL

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2016

Green

Continued from page 1

use in healing tea mixtures or in salve.

Medicinal plants grow all around us, Wendy said, and most have several healing properties. Red clover, e.g., is a blood cleanser contributing to its reputed anti-tumor properties, counteracts skin diseases, bronchitis, gout and gall bladder problems, she said.

When the comfrey, calendula and plantain are completely dry and brittle, Wendy creates her signature healing salve. She will pick the petals from the dried calendula and crush them with comfrey and plantain leaves into a fine powder before adding them to her olive oil and melted beeswax mixture. The salve, she says, (I have experienced it) is good for all manner of skin conditions and other problems which she lists under the heading "bone, flesh and cartilage."

As the group walked outside around her extensive herb gardens, Wendy pointed out a variety of plants and suggested ways they can be used to improve health. Red raspberry leaves, for example, plucked off second year plants and made into a tea, supply many minerals and vitamins, including zinc and B vitamins. A tea made from two teaspoons of dried leaves or a tablespoon of fresh ones steeped in a cup of boiling water for 15 to 30 minutes will provide many nutrients and is especially helpful for the female reproductive system, she said. It has been used for centuries to help women prepare to give birth. Its as-

tringent action can help reduce heavy menstrual bleeding and in general to tone and normalize women's systems, Wendy said.

The mullein plant growing beside her house is the tallest this writer has ever seen and it just arrived naturally. Leaves are huge and velvety and the bright yellow flowers bloom at the top of the tall stalk. All parts of the mullein plant can be used—leaves and blossoms are expectorant, useful in chest congestion, as it helps soften mucus making it easier to cough up.

Mullein has a long history of use for soothing respiratory problems such as asthma and bronchitis. The leaf tea can be taken on a regular basis not only to reduce inflamed mucous membranes, but it also acts as a mild respiratory sedative.

Wendy picks the mullein flowers produced each day and puts them in oil. Called an infusion, the oil extracts the active ingredient from the mullein flower and is used for earaches.

Yarrow, in flower now, is a useful herb in cases of heat stroke and high blood pressure. Skullcap Wendy describes as "brain food," providing cerebral nutrition as it calms and heals. She harvests skullcap just as it is beginning to produce its purple flowers.

Coltsfoot, which grows near the shady, picturesque brook, has silky leaves in the shape of a small hoof. She chooses healthy plants to snip leaves and stems and uses it as a powerful respiratory herb. Spikenard, also

known as man root, chooses to live near the brook, too and is useful for male reproductive issues.

Valerian is one of the medicinal plants that we have to plant but once started, it keeps on growing and re-seeding itself. Valerian root is helpful in relieving stress and insomnia and is useful after head trauma, as it acts to repair cell tissue, Wendy said.

Hops sometimes grows naturally in our area but Wendy started the hops plants climbing her outer walls from a seedling. Hops is not just for making beer, but is also a useful sedative. She uses the flowers, which arrive in July and August. It's an antispasmodic and also helps with headache.

The medicinal value of the plants, especially the flower parts, is highest in the morning so Wendy suggests harvesting between 10 a.m. and 1 p.m., after dew has dried but before the active properties of the plants begins to recede back into its roots. She harvests with respect for the plants, never taking too much of any one plant in any one area.

Two books that Wendy uses most frequently: "Earth Magic," by Corinne Martin and "The Little Herb Encyclopedia," by Jack Ritchason, ND.

For information and travel directions for the Saturday 10 a.m.-noon herb walks, call Wendy at 207-461-2291 or e-mail w13turles@yahoo.com.

She can make arrangements for walks on other days or for special groups if people call first.

More complaints on Step Falls parking, sanitation

By ALISON ALOISIO

Newry selectmen Tuesday agreed to send another letter to the Mahoosuc Land Trust regarding complaints about conditions at the trust's Step Falls Preserve property.

There have been complaints about visitors parking on both sides of Route 26 near the entrance to the parking lot, creating a traffic hazard on the curving road.

There are also complaints about sanitation. There are no porta potties, only a sign referring people a mile up the road to facilities at the state's Scow Auger Falls.

"Something needs to be done," resident Brooks Morton told selectmen. He speculated if it "was going to take someone getting killed" before the Land Trust would do anything about the parking situation. He wondered if it could be expanded.

Morton also said people are relieving themselves in the woods near the top of the trail. He suggested a letter to MLT.

Selectman Jim Largess agreed that a letter asking for help was a good idea. He also suggested talking to the state.

Selectboard Chairman Gary Wight said two previous letters on Step Falls had been sent to the land trust.

Town Administrator Amy Bernard had a copy of a letter from 2012, which said the parking lot had not been maintained, the entrance had a large dropoff and parking and boundaries were not clearly defined. All those issues were addressed by MLT, she said.

Bernard went on to say she recently went up and walked the falls trail.

She said 23 parking spaces provide "a lot of parking for a half mile trail."

She also said she deliberately went off the trail near the top to search for evidence of people relieving themselves, but didn't find any.

As for litter, she said, she found two T

shirts and a coffee cup.

The board agreed to send a letter with "our next list of concerns" as Largess put it, to MLT, and to also contact state Rep. Fran Head and the Oxford County Sheriff's Department.

Later in the meeting the board noted the town had proposed a traffic ordinance to address parking issues, but the OCSD said town ordinances could not be practically enforced by the department. It was voted down at a Town Meeting.

Bernard said a parking provision was recently found in existing ordinance. The board will discuss it at its Aug. 2 meeting.

Last summer, when similar complaints were made about Step Falls, MLT Executive Director Jim Mitchell said that a volunteer steward, who Mitchell said had hiked the trail every other day all season in order to pick up trash, had "remarked how little trash had been left over." And, said Mitchell, the volunteer "had not seen any evidence" of human waste problems.

Mitchell also said the parking lot holds 12 to 15 cars, and only overflows a few days a year.

Funding formula glitch

In other business at Tuesday's selectmen's meeting, Largess, a member of the SAD 44 funding formula committee, said a recent approval vote by that panel to recommend a local formula change had been worded incorrectly and needs to be revoked.

The committee is expected to reconvene again in August for that purpose, he said, with the hope the proposal can still be on the November ballot in district towns.

The plan would shift some of Newry's current share of the budget to other district towns, in two steps over three years.

(Note: The writer is married to Joe Aloisio, who is a member of the MLT board and designed the parking lot for Step Falls.)



A car leaves the Step Falls parking lot onto Route 26 last summer.

File photo



Wendy Green built her own house in Albany.

Submitted photo

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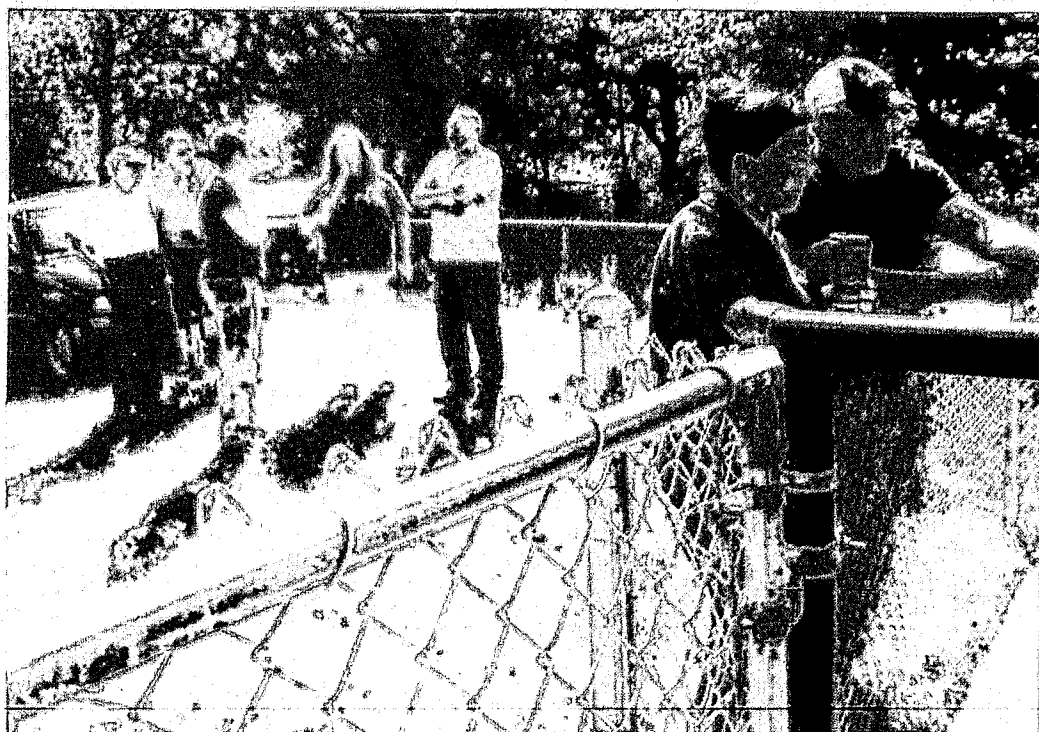
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DAM EXERCISE—MEMA Dam Safety Administrator Tara Ayotte looks over the Alder River Dam in Locke's Mills with Dam Operator Gary Fuller during an emergency response training exercise last week. In the background are Arnold Jordan, Greenwood selectman; Jeff Inman, Deputy Director of Communications for the Oxford County Regional Communications Center; Theresa Glick, Deputy Director of the Oxford County Emergency Management Agency; Town Manager Kim Sparks; and Fire Chief Albert Curtis. After viewing the dam and the terrain below it, the group conducted a "tabletop exercise" at the Greenwood Town Office. They discussed the potential effects on downstream infrastructure in the event of a significant weather event or other incident resulting in dam failure. "The training was helpful for all of us," Sparks said. "It brought up some good questions, which resulted in us making some changes to our Alder River Dam Emergency Plan." *A. Wight Chapman*

Local

Continued from page 1

In discussing the proposal for Greenwood, selectmen were mixed in their reactions.

Amy Chapman said she favored it. But, said Selectman Arnie Jordan, "I don't like it."

He said he agreed with the concept, but wondered about enforcement. And, he added, citing wording in the Sedgwick ordinance, "I don't have faith that all the citizens are going to have the ability to educate themselves."

He asked about possibly getting a legal opinion on the issue.

Dunham said that was how the ordinances for other towns had been created. Jordan was skeptical that Greenwood

would be able to overrule state and federal regulations.

Chapman acknowledged his point, noting that typically the state tells towns they can be more restrictive than state law in their ordinances, but not less.

Chairman Fred Henderson commented there are many issues that are subject to "home rule."

Chapman suggested checking with the Maine Municipal Association, and Dunham agreed to try to get more information from other towns that have such ordinances.

Any ordinance change would require Town Meeting approval.

Greenwood selectmen's meeting minutes

July 5, 2016

1. Call the meeting to order - Chair Henderson called the meeting to order at 5:00pm.

2. Pledge of Allegiance

3. Review and approve Warrant # 53 fy 2015/2016 (\$ 29,844.26), and Warrant # 1 (\$ 30,404.53) - Warrants were reviewed and signed as presented.

4. Review minutes of June 21, 2016 - Minutes were approved as presented.

5. Comments from the Public

A. Selectmen contacted outside of meeting - None

6. Review and sign One Day Liquor License Extension Request from Mt. Abram

The Board of Selectmen reviewed the request from Mt. Abram to extend their Liquor License for July 23, 2016. Selectman Chapman motioned and Selectmen Jordan seconded to approve the extension request. Vote 3-0. Motion passes. Copy of Letter attached)

7. Request for fence to be placed around Monument

Resident Al Lake was present to ask the Selectmen if they would consider installing a fence on the monument. Mr. Lake explained that they had issues with snow being placed on the monument from folks plowing the Local Hub. Chair Henderson asked if the Legion would be purchasing the fence. Mr. Lake stated that he would be willing to volunteer his time to make the fence if the Town could purchase the supplies and have the Highway Dept. help him install the posts. Selectmen Jordan asked if Al had a drawing of what he wanted to do. Al said he could make one and get it to the Selectmen for their next meeting.

8. Review and vote Ballot for Election to

MMA Legislative Policy Committee

The Board reviewed the Ballot for MMA LPC and cast their vote for Arthur Harvey of Hartford. (Copy of Ballot attached)

9. Review response from Stacie Beyer, Chief Planner- State LUPC

Kim updated the Board that Stacie Beyer received their letter and thanked the Board for contacting their agency regarding wind energy development in Milton Township. (Copy attached)

10. Update on Paving - Kim explained the Hayes Hill Road and Patch Mt. Road were complete and the crew was in hopes to have Richardson Hollow Road completed by the end of the week.

11. Update on Town Hall - Kim stated that Butch and Lenny have completed painting the exterior of Town Hall. They will be working next week on repairs to the ramp. Kim stated that several residents have commented on how nice the place looks.

12. Meetings and Events:

1. Tue, July 5 - Selectmen's Mtg & Bicentennial Mtg - 5pm GTO

2. Wed., July 6 - Historical Society Program, GTH

3. Fri., July 8 - Fish Fry, 3-7pm Locke's Station

4. Fri., July 8 - Farmer's Market, 4-6 p.m. GTH

5. Sat., July 9 - Bicentennial Treasure Sale, 10am-3pm, American Legion

6. Wed., July 13 - OCRR Meeting, 7pm Norway TO

7. Tue., July 19 - Selectmen's Mtg & Bicentennial Mtg - 5 p.m. GTO

8. Thur., July 21 - Alder River Dam Tabletop exercise, 8 a.m. at dam

13 Adjourn - Having no further business, the Board of Selectmen adjourned their meeting at 5:15 p.m.

Briefly

Grout failure in Sunday River lift incident

NEWRY—Preliminary findings by MountainGuard engineers have identified concrete grout failure as a possible cause of the July 10 Spruce Peak Triple terminal detachment at Sunday River Resort, according to the resort's website. Concrete grout had been used to adhere steel reinforcement bars which secured the foundation of the lift terminal to bedrock. On July 21, MountainGuard's engineers took core samples from the bedrock where concrete grout is present to use in its tests. Sunday River was given permission by MountainGuard to de-tension the haul rope, which in turn lowered all remaining chairs on the Spruce Peak Triple. The site remains closed as a safety precaution during this on-going investigation. No decision has been made yet on repairing or replacing the lift. The Spruce Peak Triple is a three passenger fixed grip chairlift built in 1986 and manufactured by Borvig. The chairlift is 4,205 feet long with a vertical of 1,205 feet. The chair operates in the winter months only, across 18 lift towers, and has the capacity to carry 1,700 guests per hour. It receives daily inspections for safety when in operation, in addition to weekly, monthly, and yearly maintenance and testing. The lift is also inspected annually by the State of Maine Board of Elevator and Tramway Safety, with the last inspection and load test performed in fall 2015.



The Way I See It

by Sharon Bouchard

Real summer has come to Maine and everywhere else in the country too apparently. It is downright hot everywhere. We're having a heat wave, a tropical heat wave.

Sadly, I don't live in a tropical paradise where trade winds and ocean breezes cool a body down. I live at least an hour from the ocean and any wind we get usually heralds a thunder shower after which it goes back to being hot and humid.

I will refrain from complaining, however, because a heat wave sure beats a winter cold snap that seems to last from December through March. Right now my furnace is blessedly silent only kicking on periodically to heat the water. I never have to shovel hot and humid out of my walkway or driveway. I have not once gone into a skid or gotten stuck on hot asphalt.

So, in spite of the sweat trickling off of my nose and filling every nook and cranny of my body... I will not complain.

Even when my thighs start chaffing and I feel like a worn out dish rag... I will not complain.

Though it may be hard to

take a deep breath when the humidity is in the stratosphere... I will not complain.

Prickly heat rash may cause me to itch and squirm in my damp and sweaty clothes, but... I will not complain.

If pulling my pants down and back up again when I

I could succumb to heat stroke? I can only make sandwiches for supper because cooking a meal will add too much heat to the house and I might succumb to heat stroke.

Housework is dangerous when the temperature gets too high. For God's sake I just might succumb to heat stroke.

Whenever I think about complaining (perish the thought) I think about my oil bill during the winter. I think about my back after I do the shoveling. I think about the white knuckle driving I do on slippery roads. I think about all those heavy clothes I have to put on and that's just to go to bed. I think about snow in my boots and cold feet that don't warm up until May.

I know that being too hot is uncomfortable, but when compared to what we endure during the winter months it just isn't worth complaining about. Summer, even when it gets hot is so much cheaper and safer than winter and the way I see it, it's only about four months from now when we may see the first snowflakes of winter and then boy oh boy will I complain!

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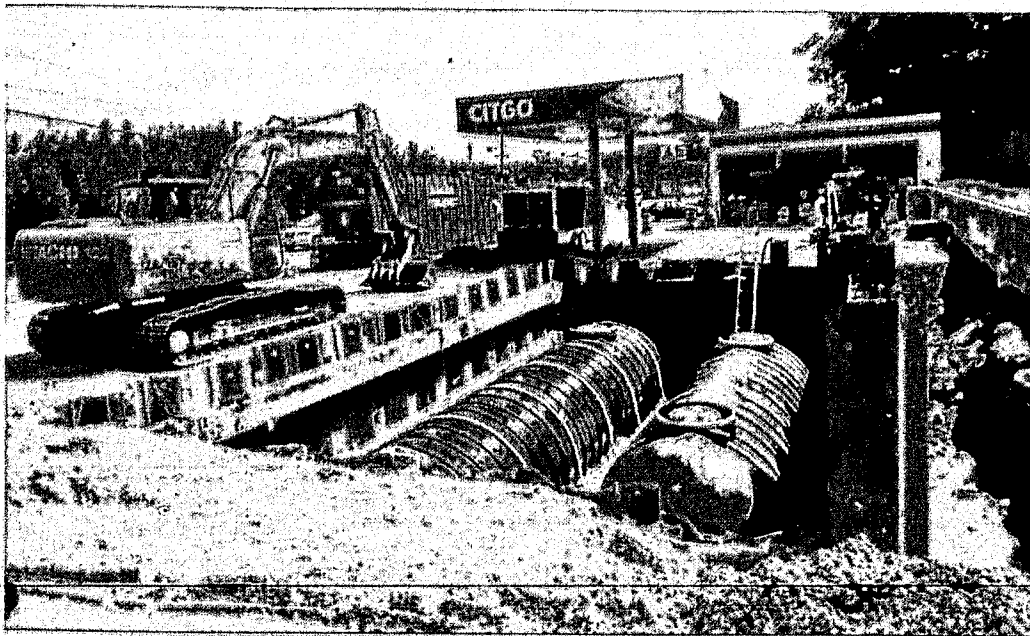
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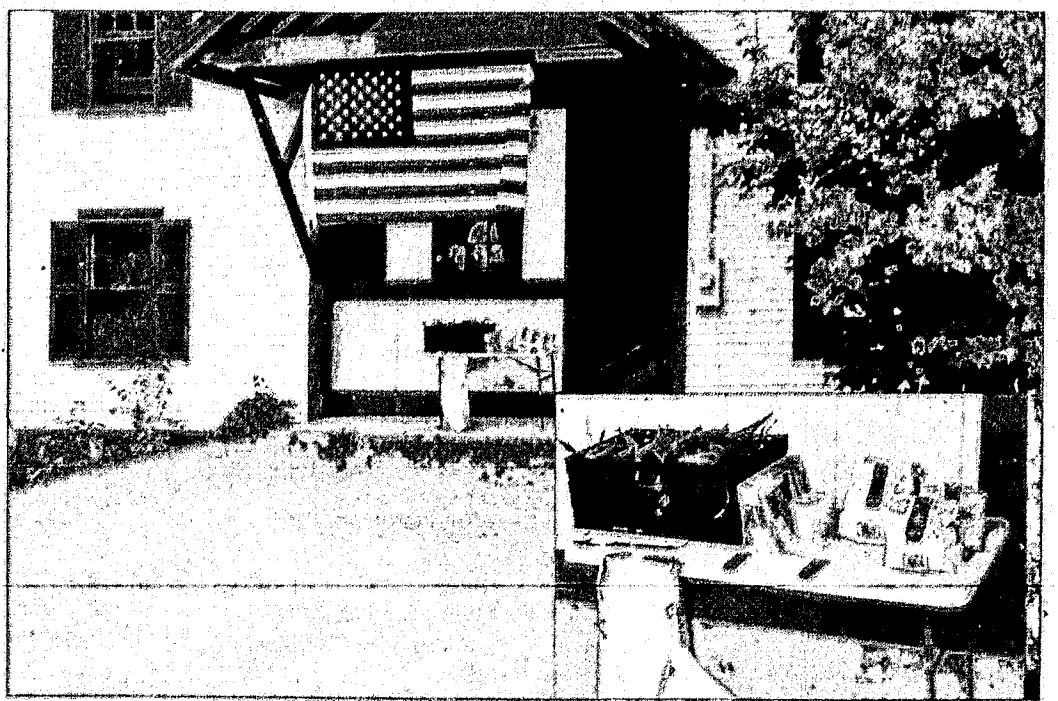
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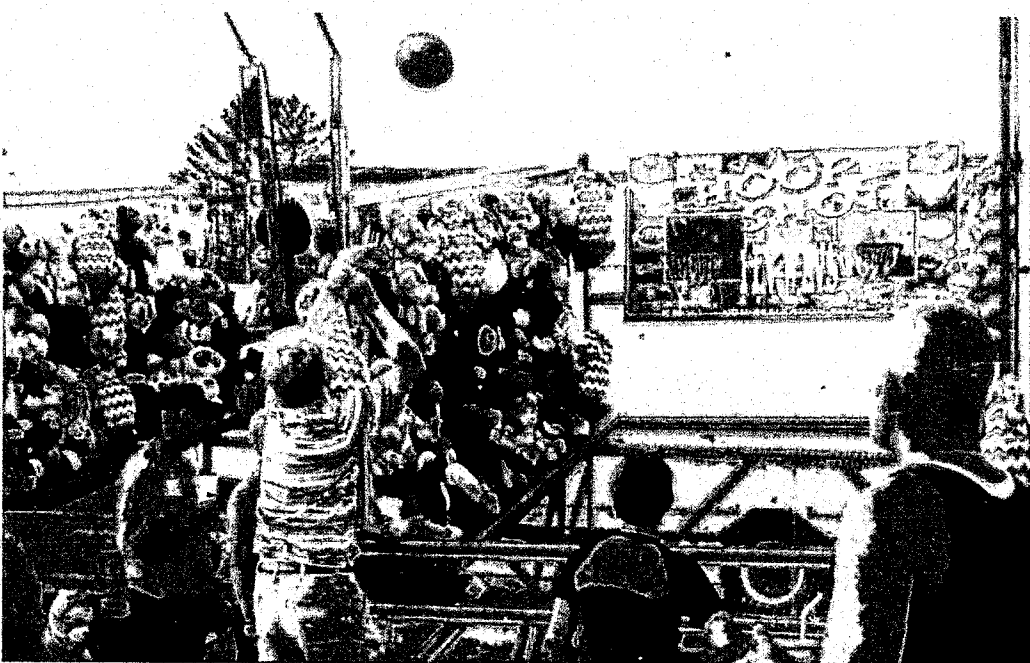
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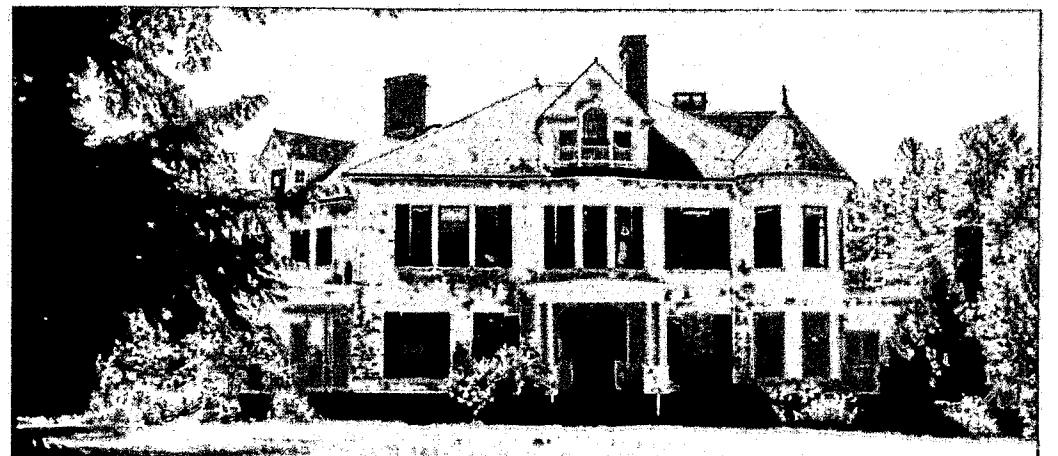
The CITGO station gets new fuel storage tanks for an upgrade of the Railroad Street gas station.



The new farm stand for fresh corn and new potatoes at the Sunday River Farms in Mayville.



A young man tests basketball ball skills with a shot for the basket at the Summer Carnival at the Sunday River Brewing Co.



The Gehring House.

From the OCSD

Patrol Log

Tuesday, July 19

At 2:37 p.m. Lt. Tom Harriman conducted a domestic violence followup with a victim in Bethel.

Thursday, July 21

At 11:48 a.m. a subject reported being harassed while at a Bethel business on Mayville Road. Deputy Chris McAllister was assigned.

At 11:38 p.m. Deputy Josh Daley stopped a vehicle on Main Street in Bethel. Heidi Mailman, 46, of Albany was arrested for criminal OUI.

Friday, July 22

At 5:41 p.m. Deputy Josh Daley conducted a White Mountain National Forest detail in Stoneham, assisting the USFS in the area of Virginia Lake.

Saturday, July 23

At 12:14 p.m. a subject reported long lines

of traffic on Mayville Road in Bethel. Bridge construction was slowing the flow of traffic.

Sunday, July 24

At 4:55 p.m. Deputy Andy Whitney received a report of theft from a residence on Walkers Mills Road in Bethel. The investigation was ongoing.

At 8:39 p.m. Trooper Jason Wing and Deputies Andy Whitney and Dani Welch responded to Virginia Lake Road in Stoneham for a report of an assault with a subject sustaining injuries. The subject was taken to the hospital.

Monday, July 25

At 12:11 p.m. Deputies Matt McDonnell and Derek MacDonald responded to the area of the skate park in Bethel for a report of fireworks mid day. On arrival the area was searched but nothing was found.

From the OCSD

Jail Log

July 24, 12:25 a.m.: Alex M. Snider, 30, of Sumner, violation of bail conditions; by Deputy Andy Whitney in Greenwood.



Runners lunge forward at the start of the Tough Mountain Challenge race at Sunday River on Saturday. Winners were: Men's Top 3 - James Delorie of Oakland, 43:27; Troy Pattison of Yarmouth, 46:04.5; Nick Huston of Lisbon Falls, 46:34.6. Women's Top 3: Anne L'Heureux of Biddeford, 53:20.1; Albert Basse of Newry, 53:27.3; Mariette Hanlon of Lisbon, 57:13.3. (For more on photos topics, see Bethel column, Page 6.)

Photos: D. Bennett

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Bethel

By DON BENNETT



Railroad Street gas station upgrade

A complete replacement of the gas storage and dispensing system was going on this week at the CITGO-Big Apple site this week. The gas storage tanks have been replaced with new ones and the old pumps have been removed, obviously new pumps will be installed. This project is similar to the upgrading of the Big Apple-Dunkin Donuts station on Mayville Road that was done last year. In the case of the Railroad Street station the new tanks are below ground instead of mounted above ground.

In 1927 Edward N. Robertson built the first gas station on this site. Robertson had a distinguished career as a conductor for the Grand Trunk then Canadian National Railroad and built the service station just prior to his retirement from the railroad. In 1947 it was Bucky's Service Station and in 1980 it was Charlie's Chevron Station. Until the Parkway was built all traffic coming from the south that was headed for New Hampshire and Sunday River traveled Railroad Street. During the years of both Bucky and Charlie ownership, the store had men's clothing and a much different sales line than it has now as a Big Apple store.

Gehring House

Seeing the front windows of the Gehring House being boarded up was of interest to a large group this week. There was no sign of further activity. Windows in the back side of the house have been boarded up and better physical security built into the back entrances.

Summer Carnival at Sunday River Brew Pub

At the Brew Pub this weekend a complete rides and midway carnival was in business for summer and local visitor entertainment. There was not a parking space left anywhere when I went to watch the action Friday evening. As the evening went on more and more parents and children were arriving. The carnival rides gave our kids a chance to ride on some of the slides, merry-go-rounds and whirl-a-gigs not usually available for them here. Moms and daughters were looking over the tent booths of toy animals and cuddly toys. And some of the adults were ordering from the hot dog and snacks booth.

Unfortunately Saturday's thunder showers must have put on damper

on the attendance but Sunday's sunny weather was attracting more parents and children. When I asked some of the men where their home base was located, I was surprised with the answer: Fryeburg. One of the men I asked where he came from told me he was from Mexico, as were some of the others. They liked Sunday's weather.

Tough Mountain Challenge

The obstacle race up and down Barker Mountain has become very popular. It is a gathering of hundreds and hundreds of couples and singles who are very much physically fit. At the South Ridge base camp of race day there is a crowd of "pumped up people" and almost as many spectators, the voice of the MC and vendor tents. All morning long cars and people are pouring in and in most cases for a chance to test their "stuff" in a run up Barker Mountain tackling the obstacles. A heat of 125 challengers took off every 15 minutes. This goes on all day. Surprisingly I met three people from Bethel whom I know: Bill Myers, Drew and Judy Webster. Drew turned me around to see if I had a competitor's ticket on my back. As a heat leaves the starting gate the first "obstacle" is running through torrents of cold spray from snow making blowers. The last obstacle is a dunk in a small pond—good for washing off some of the mud from a previous obstacle. For photos of this event and the carnival see: <http://www.thebetheljournal.com/bj07182016.htm>.

Sunday River Farms Vegetable Stand

This week Sunday River Farms in Mayville set up a self-service market place in front of the barn door with new potatoes and corn. A photo of their "market" is also in the Bethel Journals online news page.

Sign Wars

In last week's Citizen there is an article about: Can businesses hang banners on utility poles like the Chamber has been doing? Based on old history photos and town reports there were no town rules on outdoor signs from 1865 until 1991 when a sign ordinance was issued.

In 1977, Maine enacted what was known then as a "no billboards" law. Only four states have "no billboard" laws: Maine, Vermont, Alaska and Hawaii. The Madison Motor Inn in Rumford used to have a billboard on Route 2 in Gorham to try to get around Maine's no billboards.

In 1978, a year after the law went into effect, the Maine DOT took down two outdoor signs that

Ronald Coulombe and Edward Quinn had put up on Route 2, in West Bethel: Coulombe for his campground and Quinn for his Railroadiana Museum. Karen Brown was our Representative at the time and she arranged meetings between the business men and D.O.T. but to make a long story short, D.O.T. won. Mr. Coulombe's signs were designed like the old Burma Shave signs and most people thought they were very effective.

Thirteen years later Bethel had a new town manager and a sign ordinance was prepared for the 1991 town meeting. It seems like this ordinance has had more tinkering and amending than almost any other ordinance the town has in its code. Signs are supposed to help businesses and thus the economy; and yet Maine's economy has traditionally ranked near last place among the 50 states.

Heat Waves

This past week's temperatures inspire "how hot it is today" comments. I looked up temperatures ten years ago for the same dates in July 2006: the 18th through the 23rd. Three days the high temperature ranged from 90 to 98. Five years earlier for the same dates in July, 2001, four of the same six days saw high temperatures in the 90-99 range.

East Bethel

By WALLY RITZ

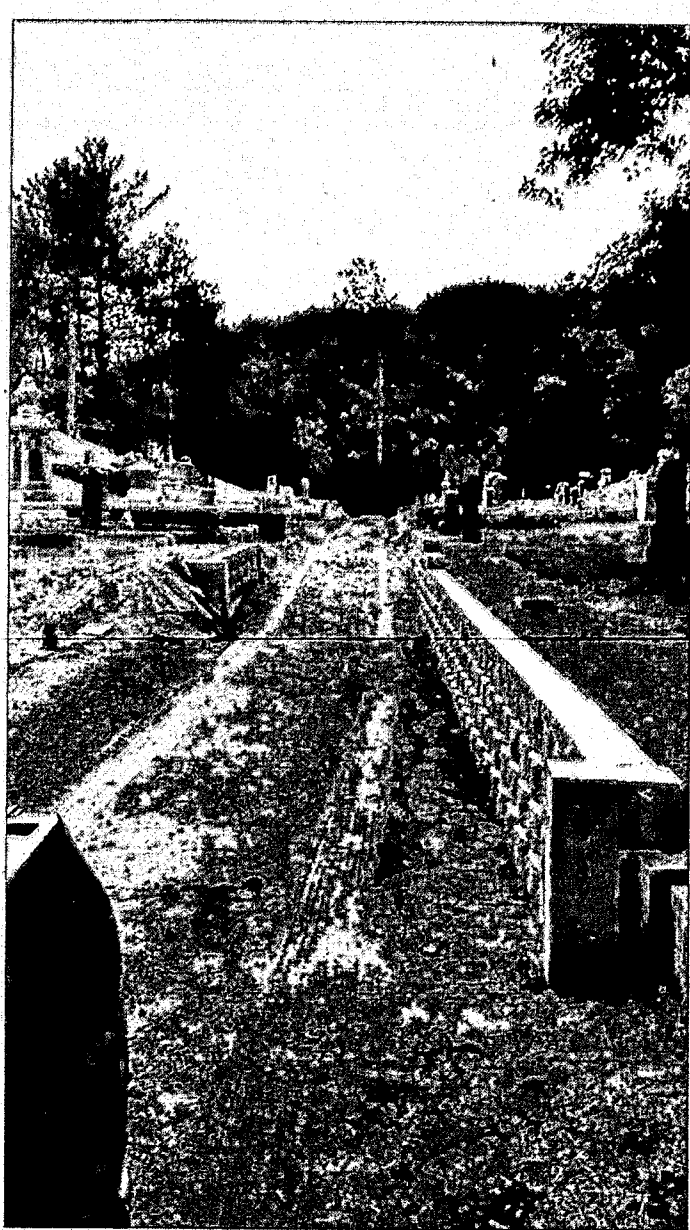


I heard about the major traffic jams in Bethel last weekend. This must have been frustrating for everyone trying to get to work. It seems to me that alternative routes should have been posted by the organizers in order to avoid the problem due to the bridge work.

Linda and Neil Olson went to Nashville, Tenn., to attend a baseball tournament, which they enjoyed very much. Neil wants you to know that Nashville is the place to be on a Friday night. Their grandson, Connor Aube, won the Western Maine Athlete of the Year award. Mid-August he is headed to the University of Tennessee at Martin to play baseball, Division I. In the fall he will start his freshman year there. Congratulations from the whole neighborhood and best of wishes, Connor. You have accomplished so much already and have a bright future ahead of you.

The preparations for the annual Trapper's Weekend Aug. 19 and 20 are in full swing and approaching fast. I'm sure Neil secured himself his EFD permit again for this year.

Please don't hesitate to call me at 507-1008 or e-mail heinrichcracker@gmail.com. I always ap-



NEW WALL AT CEMETERY—A new retaining wall was recently constructed at the Lakeside Cemetery in Woodstock. The work was done by Jon Winningham, at a cost of about \$6,500.

V. Maxfield

preciate the calls. Be it for news, suggestions, general information and also criticism.

Now, here is Neil's "Trivia" question: why does it take longer to run from 2nd to 3rd than any other base? I'm really looking forward to your answers, hahaha.

Till next week.

West Bethel

By KAREN PAUL



When I go into the garden I lose track of time. It's as if unknown forces take control of me and I go into a weeding/digging trance. I can spend hours in a garden and have not a worry in the world. When someone does approach me, I usually jump and scream as I am shocked back into reality.

Lately the hot days have made gardening rough and I find I have water streaming from my hair over my face into my eyes. A quick wipe of my dusty paws and I'm able to see again. I love my time in the garden because it doesn't cost a thing and the rewards are many. My labor shows immediately especially if I am edging a flower bed. Cutting back old growth and deadheading makes everything look neat again. After my peony blossoms are gone by, they look brown and ugly, so a quick snip helps the garden look refreshed.

I keep a compost bin where I throw the leaves and debris that I trim out of the garden and after a year it decomposes into the best dark soft soil which I use to top dress around my plants. I save all my kitchen waste and throw it into the compost bin too. This year I dug up all my Siberian irises and old orange daylilies and heaved them onto the

compost pile. They have taken over in my roadside garden and I want something else to grow in their places.

The garden season in Maine seems short compared to other places in the country but by the time October arrives I'm ready to give the gardens a break and rest up for another year.

Gilead

By LIN CHAPMAN



(Note: Last week's column was inadvertently omitted in production. It appears below, followed by this week's column.)

We had a taste of summer weather this past week. Hot and humid with rain and there was even a thunder shower one afternoon. The hot isn't bad but the humidity is a little too much.

My brother, Steve McLain, has been trying to keep his garden free of weeds, and according to the picture he posted on Facebook he is doing a good job.

Lise McLain attended the Bethel Senior Citizen meeting at the Crosstone Restaurant in Woodstock last week. She also went to the book sale at the Bethel Library this past weekend.

Mary Tyler was pleased with all her Happy Birthday wishes that she received through Facebook and phone calls. She shares the same date of July 12 with Eileen Meisner. Happy Belated Birthday, Eileen.

Mary Tyler had a visit from her niece, Brenda Bergeron, this past week. Mary's brother, Merle Cole, stopped by Saturday afternoon to help her remove some small trees that were interfering with her satellite dish.

We have enjoyed some produce from our little garden. There have been a few cucumbers that have ripened and our broccoli plants are growing tall

and producing lots of florets. The tomato plants look healthy and have quite a few green tomatoes on them. We have been enjoying the little tomatoes from the hanging plant that Peter and Claudia Risbara gave us last month.

We saw a couple of birds last week in the bamboo out behind the house that have not been around much this summer. The Blackburnian Warbler stood out amongst the green leaves with his black and orange markings. The next day, the little Indigo Bunting appeared for a while and he, too, was very bright against the green foliage. This time of year the birds seem to like to hide in the bamboo and they seem to find some insects.

Gilead Historical Society

Hugh and I, along with Mary Tyler, were out on the corner last Saturday. It was pretty quiet for most of the day. Merle Cole visited for a while and then the Risbara Family stopped by later to check out the buildings.

Town Office

Last week, the workers comp auditor was at the town office. As the Treasurer, I met with him to go over payroll records for last year and the first quarter of this year. He needed a breakdown of what job each person, on the payroll, performs and also a breakdown of any overtime.

Got any news? Call 836-2987 or e-mail chapmal@hotmail.com.

This week's column At least the thunder-showers helped a little bit to give us a little break in the hot and humid weather. The rain is always welcome for the gardens.

My brother, Steve McLain, is enjoying his new 'John Wayne' lawn chair that Brad and Carole gave him. He looks quite comfy in the picture he put on Facebook.

Lise McLain attended the luncheon meeting on July 21 at the Portland Country Club in Falmouth. It was put on by the Maine Heritage Foundation whereby President Tom Fitton of the conservative organization called Judicial Watch was the guest speaker of which their motto is "because no one is above the law."

Peter and Claudia Risbara were at their Gilead house this past weekend. They saw one of my favorite birds, the Indigo Bunting, at their feeder.

Norm Buttrick and Cathy McGuire stopped by the house last Sunday for a short visit. They had just taken their dog, Gilead, for a swim in the brook.

Gilead Historical Society

Last Tuesday, Robert and Margaret Record arrived to check out the GHS buildings. They have stopped by before, but they wanted their granddaughter, Grace, to see where Margaret went to school when she was a little girl. Grace is from Florida and has been spending a few weeks visiting with them. Grace seemed to have liked her tour because she wrote 'nice place' in the guest book. Thanks, Grace. As a side note, she wrote in cursive, which one does not see young people using too much these days.

While the buildings were open there were eleven

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people who stopped. A few of them were just curious and wanted to see the buildings, but there were a couple of them that had made Gilead a destination. Ron and Paulette Calderone, Sandy Hook, Conn., were in the area for vacation and were hoping to find the buildings open. They were here in 2014 when the GHS celebrated the 10 year anniversary. They saw the ad in the paper and attended the Crock Pot Potluck Lunch. They enjoyed the area and decided to join. It was very nice to see them and we are looking forward to a return visit.

Another two gentlemen that stopped by were Frank Lary and his nephew, Jim Royland. It turned out that they were relatives, since my ancestors were Larys. After some comparisons on ancestors, we exchanged contact information so if there were more genealogy questions in the future, we could contact each other. They were interested in the Lary South Cemetery where some ancestors were buried. They had already visited Lary North Cemetery.

Got any news? Call 836-2987 or e-mail chapmal@hotmail.com.

Newry

By DOUG WEBSTER



The reports of bear encounters are still pouring in. North Newry resident, Dave Bennett, told me of his encounter. He said an outdoor refrigerator that they keep summer BBQ and other items in, was visited by a black bear. He said the bear cleaned it out and said it didn't matter whether it was frozen or not but it just opened it up and went at it. Not being very pleased, Dave thought he would go on the offensive. He said he tried the old trick of filling balloons with ammonia, and then blowing them up. Then he said to spread peanut butter on the outside, all in hope that the bear will pop a balloon and get a dose of ammonia, and move on. Well, he said that one of the balloons had been popped the next morning, but it must have really ticked off that bear because on the way out, he said the bear completely destroyed the refrigerator. He said the fridge was rendered useless and they were going to have to get a new one. I haven't heard any more from Dave this week so I hope the bear has moved on.

Up the road a little more at Albert Morton's house, he said that he had another



STILL VISITING HUMANS—There continue to be reports of black bears frequenting homes in the area in search of food (see Newry and Upton columns). Laurie Brown of Upton got this photo of one that visited her recently.

er encounter this week. He said he hasn't been leaving anything out since the last time, but still the bear came snooping around and clambered in the back of his truck and made a mess as well as leaving his muddy footprints behind. The word on the street is the Corriveaus up the road further also had a bear around but I haven't talked to them so I'll give you a report next week. I'm wondering if there are any reports from the Sunday River Valley? Keep the reports coming in; I appreciate it.

My wife and daughters ran the Tough Mountain Challenge Race at Sunday River this weekend. I chased them around the mountain taking shortcuts and not doing the obstacles, so I could meet them at the top for a quick medical check and continue my moral support. They had a 10:30 start time; fortunately they were in early enough to finish before the thunderstorms came in. Shortly after they finished, they cancelled the race for the day. I believe that some of the participants were able to finish the next day. It was a good

time while the weather was nice. The course was great, but different from last year. Anyway, congratulations to anybody that did the race; that's a fine job by any standards. As always, thanks for listening and keep the news coming in.

Upton

By JOE BERNIER



The Upton Historical Society met Sunday. Their longest conversation was about Fun Day. The most interesting was about the Bethel to Upton Stage of almost 100 years ago. The stage was not a wild west, horse drawn type. It was various automobiles. Richard Fraser showed some wonderful pictures of them and he had some other unique artifacts related to same subject. He plans to present a display during Fun Day. Letter B Notch Riders had an enjoyable ride Saturday. Fifteen members and friends made a 20+ mile loop. They re-

turned to Upton in time to almost miss the severe thunderstorms. The club held their meeting Sunday. They discussed old, new, and potential trails. Also (of course) they talked about their participation in the upcoming "Fun Day."

My big black dog occasionally takes a walk to visit my sister. A few weeks ago she looked out her window and wondered what Willie was doing in her yard. After looking again, she realized she was looking at a bear. She got some nice pictures of the bear standing up on his legs, looking at her.

The Upton Planning Board will meet Friday, July 29, 7 p.m. at the Town Office.

Please call 533-2010 or e-mail backstjoe@gmail.com to share your local news.

Andover

By JANE RICH



Evidently, you read my column over the last couple of weeks urging you to attend the Special Town Meeting on Thursday night – yes, the very one about which several said, "No one goes to Town Meeting in July." Well the attendance figure was 86 and that's more than the annual Town Meeting that was held in March. All of the articles were "shot down" which made some happy and others not.

The Selectmen have been notified by the School Board that Director Linda Putnam has resigned effective immediately and that it will be necessary for the Selectboard to appoint a replacement. If you are interested in serving your community in this way, please call the Town Office, 392-3302. The position would be appointed until the next municipal election which would be in March and then the Director would be running to fill out Linda's

term which has two years remaining on it. Speaking of trustees, I believe the Library is still looking for a Trustee. Call Janet at 392-4841. The Summer Reading Program is continuing through Aug. 13 for students Kindergarten through Grade 5.

The Cemetery Committee which met on July 13 has completed their research and forwarded all the material to the Town Attorney to review so the next step in getting access to funds for the upkeep of the cemetery can happen. The Committee met on July 27 so I'll hopefully have further news next week.

The next Concert Series on the Bandstand will be tomorrow evening, July 29, featuring the Robinson Family from East Andover, parents and children. This is always great entertainment. Joe, Tara and their children will present a program of contemporary country music, modern Christian worship music, and classic hymns. Joe is also the designer and printer of this year's Olde Home Day T-shirt. Come out for a great night of music.

The Olde Home Day Committee will meet for the last time before the event tonight at 6 p.m. in the Town Hall. If you'd like to get involved in this wonderful, traditional event come to the meeting. The committee can always use help. Speaking of Olde Home Day, Judy Michaud of the Service Circle, 392-1221, informs me that she still has some slots for vendors on the common, so it's not too late to get a space and display your arts and crafts, food or whatever you have to sell. The Historical Society is looking for crafters, whittlers, or basket makers for demonstrations of those arts outside of their building.

The library will be raffling a basket of goodies on Olde Home Day and tickets are available at the Library.

Friends of Polly and Dick

Johnston will want to attend the Celebration of Life for Dick which will take place on Monday, Aug. 1 at 1 p.m. at the First Congregational Church with Pastor Linda Couture and Rev. Jane Rich officiating. Following the committal service at the cemetery a reception will be held in the CEB dining room.

As of this writing, I do not have any new information about the Akers bridge situation. The engineer is working on the design, etc. so we can get a cost for replacement. For those on upper Wyman Hill, please be patient. The Selectboard is doing all it can to resolve this situation and will keep you posted with progress reports.

Congratulations to Mr. and Mrs. Robert (Linda Salway) Morton who were united in marriage on Saturday at the Calvary Bible Church. A reception followed in the Town Hall. Prior to the ceremony pictures were taken on the Bandstand.

Locke's Mills

By AMY WIGHT CHAPMAN



The Bicentennial Committee met last week and will be meeting again on

Aug. 2. Our celebration is getting close – only two weeks from this weekend!

The committee needs your help! If you can volunteer an hour or two of time during the weekend of the celebration, Aug. 12-14, please let Town Manager Kim Sparks or a committee member know, and they'll be sure to put you to good use in one of a number of volunteer capacities. We need everyone's help to make our Bicentennial Celebration a smashing success!

We'd also welcome anyone with an antique or classic car who would like to drive it in the parade to give the Town Office a call.



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It looks like the parade is going to be a great one!

One decision the committee made last week was to offer one of the seven painted antique school desks as a raffle prize during the celebration, rather than raffling an unpainted desk. It was thought that would generate more interest and ticket sales. We chose the desk painted by Cindy DiMatteo, with a beautiful scene of the Greenwood Town Beach, to be raffled.

Tickets are available at the Town Office, as well as at the Fire Department's Friday fish fries, and will also be sold during the celebration.

The other six painted desks, as well as a number of other very special donated pieces of artwork, will be sold by silent auction on Saturday, Aug. 13. From 10 a.m. until 4 p.m., they will be on display at the Town Hall on Main Street, where each item will have its own bid sheet. Bidders will be able to write down their names and the amount of their bids, then check back throughout the day to see if they've been outbid, raising their bids if desired. Winning bidders will be announced at 5 p.m., during the chicken barbeque at the Jackson-Silver Legion Post.

If you haven't had a chance to see the schedule of events, be sure to pick one up at the Town Office to help you plan how to spend your time during the celebration.

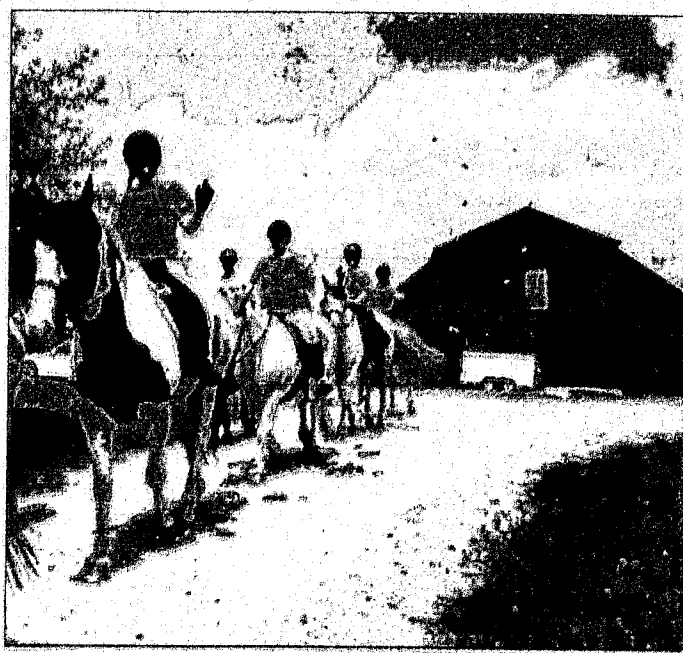
One event you won't want to miss is the book launch and signing for Addison Verrill's Greenwood: Memories of a Maine Town and One of its Most Notable Natives, edited by Herbert Adams and Larry Glatz, who will both be on hand for the event.

The book is a joint publication by the Bethel and Greenwood Historical Societies, and the launch and signing will be held at 10 a.m. on Saturday, Aug. 13 at the Greenwood Historical Society.

Plan to attend the pancake breakfast at the Locke's Mills Union Church, which begins at 7:30 a.m., visit the exhibits at the Town Hall, then cross the street to the Swan House to meet Herb and Larry and purchase a copy of their book before heading over to the Howe Hill Road to watch the parade at 11.

My family has a busy week ahead. Our daughter Caitlin is flying in from Colorado on Tuesday and will be in Maine for a week. Both Tony and Will have birthdays on Aug. 1, so our other two daughters, Katrina and Annie, and our friend Donna will all be here for the weekend to help celebrate.

We're planning to take a picnic to Deertrees Theatre in Harrison on Friday evening, where we'll see the play Underfoot in Show Business, and the weekend is sure to include plenty of birthday cake, both "normal" and vegan,



RIDE IN MEMORY OF REGAN—The second annual Regan Ride took place recently at Deepwood Farm in Albany. The ride honored the memory of Regan Kauf, who passed away from complications of leukemia last fall at age 16. Regan's horse, Quigley, is boarded at the farm. "The trail that we ride was Regan's favorite trail ride," said Wyatt Ward. "She spend many summers living at Deepwood Farm, both for her youth camps that she attended, but also she gave of her time to help with Little Kids camp and many days, and afternoons here riding Quigley." The orange shirts the riders wore are in her memory and her cancer battle. "We will be doing this ride each year in her memory. We miss her so much and also want to bring awareness to childhood cancer," he said.

Submitted photo

as we'll also be celebrating Annie's birthday, which was last week.

Joyce Hathaway let me know that Sandra Mason is at Norway Rehab, and Raymond and Louise Seames are now at Ledgewood Living Center and could use prayers and visits.

Have a great week! Call 875-5511 or e-mail amy.w.chapman@gmail.com with your news.

Hanover

By MARIA HOLLOWAY



Pie Night fundraiser for Sam Miele
The Gardner Roberts Memorial Library Trustees and Friends, in partnership with Stonybrook Variety and Campground, will host a Pie Night Benefit Fundrais-

er on Wednesday, Aug. 17, beginning at 6 p.m. under the Stonybrook Campground Pavilion located at 303½ Main Street, Route 2 in Hanover. All proceeds from this fundraiser will benefit Sam Miele of Hanover who was seriously injured from a dog attack this past March. All donations from this benefit will help Sam with living expenses and medical costs for her injury as she is unable to return to work and resume her full-time profession as a medical assistant. Friends of Sam as well as the entire community are invited to attend. This family-friendly event is free and open to the public. Monetary donations of your choosing will be accepted at the door. There will also be door prizes and a 50/50 cash raffle to benefit the cause.

Bethel Senior Citizens trip date changed

The Bethel Senior Citizens Club will go to Cindy's Dockside Restaurant in Poland for lunch on Aug. 4. This is a change from the previously planned date of Aug. 3. The bus will leave The Bethel Health Center at 8:30 a.m. We are in hopes of visiting the Poland Spring Bottling Plant and other places of interest. Non-members are welcome to join the club on this trip, a donation of \$5 is suggested to help pay for the bus.

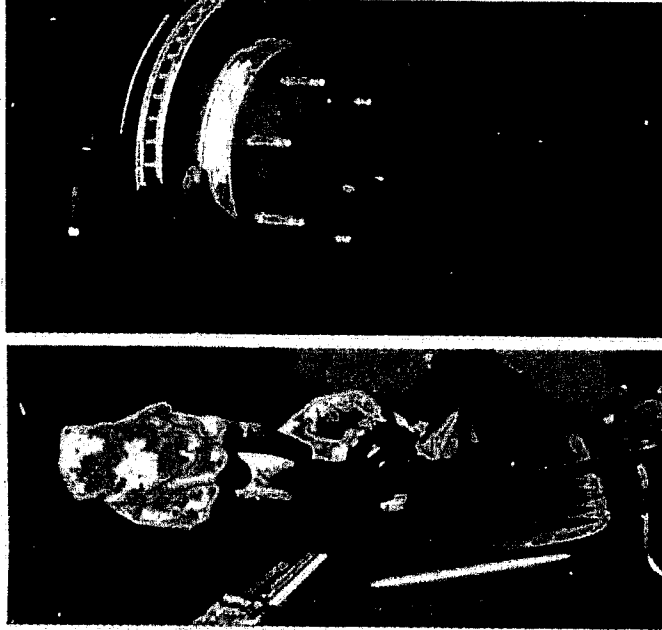
that you do so in order to attend and participate in this event.

For more information, if you wish to bring a pie, or make a donation please contact HanoverME-News@gmail.com or you may stop by Stonybrook Variety, Jade's Salon in Bethel, or the Gardner Roberts Memorial Library in Hanover.

GRML Annual Meeting

The Annual Meeting of the Gardner Roberts Memorial Library was held earlier this month. The slate of officers for the upcoming year were voted in as follows: Lynne Ramsey, President; Maria Holloway, Vice President; Dottie Adams, Secretary; Peggy Susbury, Treasurer. Dan Force has stepped down from his role as Treasurer but remains as a Trustee. Irv Robinson has rejoined GRML as a Trustee after having served in the past for many years. Joann Kenney of Rumford Point was appointed as the Library's newest Trustee. Amy Verrill, Elaine Goucher and Darlene Baker continue to

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Prevent bugs, sap and other substances from ruining a vehicle

Keeping vehicles looking pristine requires care and diligent cleaning. So many day-to-day activities and environmental materials have the potential to damage the finish on cars and trucks. While winter weather and chemicals used to keep roadways passable are often blamed for affecting the appearance of cars and trucks, winter is not the only time of year when substances can cause damage to vehicles.

Spring and summer are prime seasons for sap, birds and insects. These times of year tend to see an uptick in road work as well, and such projects can contribute to damage caused by loose asphalt, gravel

and tar. Addressing problems resulting from tree sap, insect and bird droppings and tar may not be something to look forward to, but it is necessary to keep cars looking pristine.

Tree sap

According to Cars.com, an automotive information resource and vehicle sales website, although tree sap won't cause immediate damage to vehicle paint, it should not be ignored. Over time, sap can become more difficult to remove, etch through the clear coat on the vehicle and cause discoloration. When the temperature is hot, damage from sap can accelerate.

On windows and windshields, drivers may be able to gently remove dried sap with a razor blade. However, use cleaning products on more delicate paint. Automotive stores sell specialty sap and tar cleaners. Otherwise, you can try rubbing alcohol. It may take a few attempts to remove sap entirely.

Insects and bird droppings

Splattered bugs and avian surprises dropped from above can be a messy, unsightly nuisance. Their acidic composition also may cause them to damage paint over time. Bugs and droppings can be sticky, so you will need to work with

something that will remove the splatter without removing the paint in the process. A product like WD-40 may help. This oily product is normally used on rust and hinges. When applied with a cloth and allowed to penetrate the stain, it can loosen difficult-to-remove sticky substances. Always test any product you use in an inconspicuous spot first to make sure it doesn't damage or discolor your paint.

Insects or droppings that are fresh may come off relatively easily with a good washing or hosing off of the car. Retailers also sell specialty insect sponges to remove bugs and other debris.

Tar

Soap and water will do little to remove tar and other petroleum-based products from vehicles. Commercial tar removal products use a strong solvent or detergent to loosen the tar. This may include kerosene, mineral spirits or another item mixed with lubricants. Go slowly and use caution so that you remove the tar and not the paint.

Drivers who are hesitant to clean their vehicles of common residue can have their cars or trucks professionally detailed, leaving the work in the hands of experts.



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serve as Trustees. Peg Susbury will step down as Librarian as soon as current book cataloging is complete and until such time that a replacement may be appointed. Both Paulette Booth and Gail Parent have resigned their positions as Trustees due to other commitments but will remain friends of the library. The GRML Officers and Trustees sincerely thank Peggy, Paulette and Gail for their years of service and dedication to GRML. Welcome and thank you to Irv and Joann!

Also at the Annual Meeting, a change to the by-laws was approved to include that non-Hanover residents or property owners may become a member of the association with a vote of approval of the members. Therefore, residents of Hanover as well as the surrounding communities are welcome and invited to become members of the GRML.

Route 2 Paving

Route 2 paving will begin next month. According to the Town Office, the entire stretch of Route 2 in Hanover will be repaved.

Got news, questions, comments? Please e-mail HanoverMENews@gmail.com.

Bryant Pond

By ALICE HOYT



Remember the Whitman Memorial Library is holding a Reading Program for ages 2 to

12 until Aug. 9, from 1:30 to 2:30 p.m. Please join them for a fun afternoon. Stories, crafts and refreshments.

Monday evening, July 18 Franklin Grange held Music Night. A piano solo, several songs by a group from Andover, reading by Laura Hutchins, skit by Laura and Steve Huddeth, Laura playing her accordion, several more songs by the Andover group, Bill Rice playing his guitar and singing several songs. After refreshments were served a short meeting was held for election of officers. Next meeting is Aug. 15.

The Woodstock-Greenwood Senior Citizens will meet at the home of Clyde and Norma Knights on Thursday, Aug. 4 for a picnic. Please bring something to share and your own place setting. Meeting starts at 11:30.

Services at the Baptist Church are Sunday School at 9:15 for all ages, Morning Worship at 10:30, Evening Service at 6 p.m. Wednesday evening at 6:30 is Mid-Week Service, also Bloom for Girls. Vacation Bible School is going on all this week, 6 to 7:30 p.m.

Waterford

By ROCKIE GRAHAM



It sure is hot today. We went to Kennebunk in the cool of the day and when

we returned it was hot. Not I look to going somewhere cool. Hope all are finding those places. Even the puppy is hot.

In Norway, there will be

Andover concert series: The Robinsons



On Friday, July 29, the Andover Summer Concert Series will present The Robinsons. The outdoor concert is free and starts at 6 p.m. on the Andover town common on Route 5 in Andover, according to a press release.

"The Robinsons are thankful and excited to have been invited to join in Andover's Summer Concert Series again this year. Raising their four girls, serving and connecting with their church family, and running their screen printing business in East Andover has nur-

tured their love for the people, the simplicity, and the heart of smalltown America that is awakened by gatherings such as these. They are looking forward to spending an evening with a group of folks who know the ups and downs of life, yet are always eager to look for hope in the increasingly difficult times in which we live. With a foundation of guitar, piano and vocals, the Robinsons' musical style is mostly acoustic and eclectic, with a mix of classic and contemporary country music, modern

Christian worship music, and classic hymns. Joe and Tara are training and encouraging their daughters as they develop their own blossoming musical talents as well, so the girls will be joining them as much as possible during the evening. The songs the Robinsons share will be wholesome and honest, with messages about the joys and sorrows of life, of love that lifts us and sustains us, and especially of hope; hope is a person; Jesus Christ."

Mahoosuc Band summer concert Aug. 1



YOUNG CONDUCTORS – Simon Smith and Anneliese Smith are helping to direct a couple of numbers at the upcoming Mahoosuc Community Band concert Aug. 1. Anneliese is a junior at UMO studying music. Simon Smith has just completed his music education at USM Gorham.

Jane Chandler

The Mahoosuc Community Band will play a Summer Concert Monday Aug. 1, at 7 p.m. at the West Parish Congregational Church in Bethel. This summer several young people have practiced with the band and young college students Simon Smith and Anneliese Smith will conduct some numbers.

The band has new music for this concert including: Pop and Rock Legends: Neil Diamond and a Sousa March The Lambs' March. Scott Hynek has built a vibraphone specifically to play for Mahoosuc Community Band. He will be featured in the song Classical Gas by Mason Williams. Other numbers include Syncopated Clock by Leroy Anderson, Seventy Six Trombones by Meredith Wilson and arranged by Ted Ricketts, Battle Hymn of the Republic arranged by John Higgins, Maynard Madness arranged by Victor Lopez, Remembrance: In Memoriam of Elliot Del Borgo by John Edmondson, Man of La Mancha by Mitch Leigh and arranged by Justin Williams, and The Water is Wide by Rick Kirby.

The Congo Craftsmen at West Parish Congregational Church have built risers for the back rows of the band. They really help for visibility and sound of the back two rows. Donations accepted to defray cost of music. Refreshments will be served following the concert.

The band, directed by Patricia Boyle-Wight, will play for the Greenwood Bicentennial on Aug. 13. The community band has been organized for 22 years and continues to provide music for the communities.

The band rehearses on Monday nights at 7 p.m. at the West Parish Congregational Church. The group will start new music on September 7, following an August break. New members are always welcome. Music is something to enjoy throughout a lifetime.

For more information contact Julie Schubert-Cowen, band president, at jdschubes@gmail.com.

August calendar for Cancer Resource Center of Western Maine

The Cancer Resource Center of Western Maine is located at 199 Main Street, Norway in the Stephens Memorial Hospital Specialty Clinic building. Hours are 10 a.m. to 3 p.m. every Thursday and Friday. We offer a variety of programs as well as comfort items free to anyone impacted by cancer. New this month is Reiki 1 and Crafting with Barbara. Check our website www.crcowm.org for more information, find us on Facebook or call Sherri at 890-7063.

Drop in hours are every Thursday and Friday from 10 a.m. to 3 p.m. Volunteers are available to provide you with comfort items such as port protectors, wigs, hats, pillows or find resources. You may pick up brochures or use our lending library. The Center is also a place to enjoy a cup of coffee or tea,

chat with a volunteer or take time for yourself by participating in activities we offer.

Women's Cancer Support Group: Tuesday, Aug. 2 from Noon to 1:30 p.m. Call Patti-Ann at 744-6173 for more information.

Coloring for Adults: Thursdays 1 to 2 p.m.

Cards and Games: Fridays 1 to 2:30 p.m.

Yoga for Wellness: Friday Dates to be announced on our website. Kat Larsen will teach the class which will include breathing, movement and relaxing meditation.

Knitting and Crocheting: Thursdays, Aug. 11 and 18 to 11:30 a.m.

Community Cancer Cut and Sew: Wednesdays, Aug. 10 and 24 10 a.m. to 12 and Wednesday, Aug. 17 4 to 7 p.m. at Sew Orchid Design, 316 Main, Norway.

Reiki 1: Tuesday, Aug. 16 1 to 2 p.m. Reiki is a

gentle, hands-on technique intended to relieve stress and discomfort and to complement the medical treatments prescribed by your physician. Charlotte LaBelle will be our instructor. Come learn to connect with yourself with this introduction to Reiki 1.

Crafting with Barbara: Wednesday, Aug. 17 10 a.m. to noon at Sew Orchid Design, 316 Main, Norway. Barbara Daigle is beginning a series of non-sewing and beginner sewing crafts.

Walk and Talk with David: Call 739-7027 to schedule a time.

Dean's list

AT ST. MICHAEL'S

Kallie H. Brown has been named to the Dean's List at St. Michael's College for the spring 2016 semester.

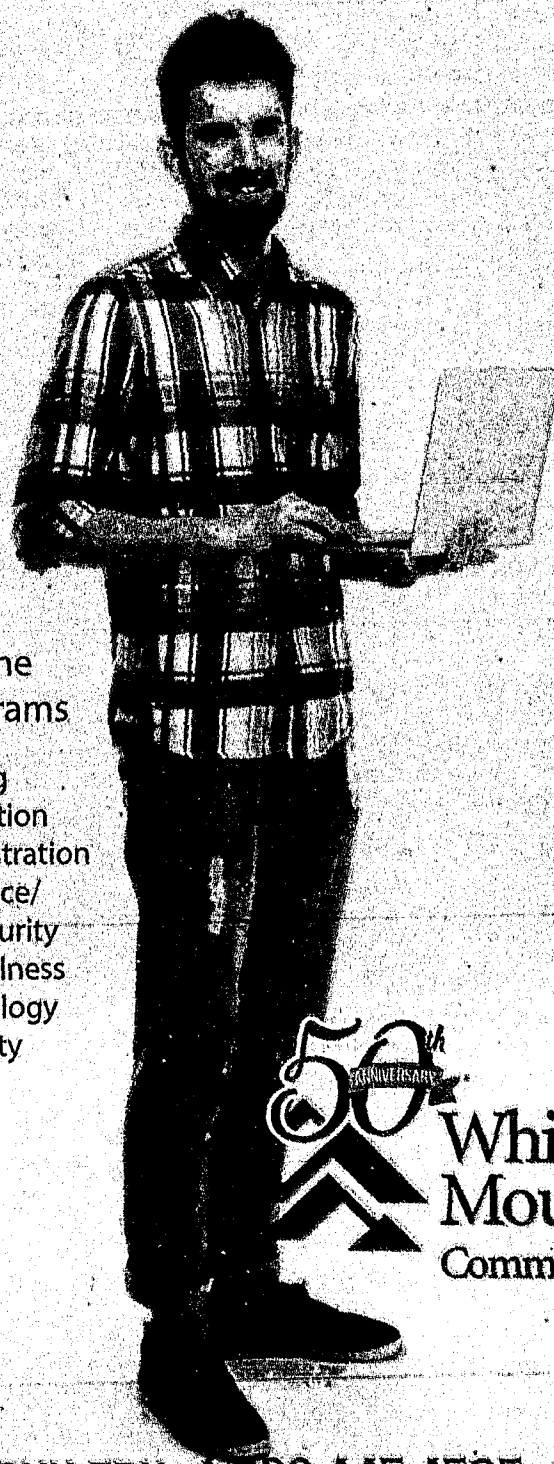
A May Graduate Gender Studies and Elementary Education major, she is the daughter of Deidra and Levi Brown of Bethel and a graduate of Telstar Regional High School.

AT VMI

Uel D. Gardner has been named to the dean's list for the second semester of 2015-2016 at Virginia Military Institute.

A senior from Albany, he is majoring in biology. Cadet Gardner's parents are Ms. Susan M Gardner and Mr. Uel J. Gardner.

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2016



RUNNERS UP IN NEW ENGLAND—The Andy Valley 10&Under Red Devil All-Star Softball team finished runner-up in the recent New England regionals, losing 8-7 in extra innings to Rochester, N.H. The local team earned a spot in the World Series this August, but has declined to go because of costs, according to team officials.

Submitted photo

Drive for school supplies at Bethel Family Health Center

Bethel Family Health Center will hold a drive for new school supplies in celebration of National Health Center Week starting Monday, Aug. 8 and ending Friday, Aug. 26. All donations from the community will be brought to Bethel Schools in an effort to supply local students with the tools they need to learn and grow in the classroom.

Some of the most needed classroom supplies include No. 2 pencils, large pink erasers, colored pencils, glue sticks, lunch bags or boxes and backpacks. Every donation makes a difference!

Bethel Family Health Center is located at 32 Railroad Street in Bethel. For more information, call (207) 824-2193.

Each year the second week in August is dedicated to celebrating the services and contributions of community health centers. This year's theme is Celebrating

America's Health Centers: Innovators in Community Health. National Health Center Week showcases the importance of these facilities and the impact they have on their communities, providing access to affordable, high quality, cost effective health care to medically vulnerable and underserved people throughout the United States.

Bethel Family Health Center is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Bethel offers a range of services including family medical care, counseling, and dental hygiene to residents of Andover, Bethel, Gilead, Greenwood, Hanover, Newton, Upton, Woodstock and neighboring towns. A reduced fee program is available to uninsured and underinsured residents.

First Friday presentation: Maine inspired Langlais; Langlais inspires Mainers still

The spirit and scale of Bernard Langlais art changed dramatically when Bernard and his wife Helen left New York to settle in Maine in the 1960s. The wildness of the landscape released a whole new form of artistic expression. Now that over 2700 works of Langlais' art are on permanent exhibition throughout Maine via the Langlais Art Trail, Mainers can be inspired by Langlais' playful, ex-

pressive, and prolific legacy. Fifteen works by Langlais are now owned by the Western Foothills Land Trust and are installed at two preserves in Norway.

A native of Old Town, Langlais began his fine art career as a painter in the 1950s. While renovating a cottage in Cushing, he began "painting with wood" to create mosaic-like wall compositions that met with immediate success.

He soon abandoned the fast pace of New York City art scene and moved back to Maine, where he created a number of massive sculptures, most of which celebrated animals from the jungle, forest, farm and fantasy.

On Friday, Aug. 5, 6 to 7 p.m., Scott Vlaun, photographer and community organizer, will give a presentation entitled "Meeting Bernard" about Langlais' career, the influence

Langlais had upon his own life, and his recent role in restoring Langlais' original concrete and stone base for the sculpture "Mrs. Noah," at the Shepard's Farm Preserve on Crockett Ridge Road. He gave this talk as the kick-off lecture for this summer's Norway Arts Festival. This First Friday lecture, held in the CEBE Gallery, 447 Main Street, Norway, will be an opportunity for anyone who

missed the July 8 talk. Vlaun will be joined by Lee Dassler who will talk about the Land Trust's role in bringing the Langlais work to Norway.

"Mrs. Noah" is one of six pieces installed at Shepard's Farm Preserve, a 20-acre high ridge of land donated to the Western Foothills Land Trust by the Detert Family in 2010. "Owl," "Cat," "Birds," "Bird Houses" and "Bird in Flight" also

appear to guard the landscape that is open to the public for recreation. In addition, "Painted Horse" and "Painted Cow," are installed at Roberts Farm in Norway. Several smaller wall reliefs, which usually grace the walls of the warming hut at Roberts Farm, will be on display at CEBE for the event. The talk and reception are free.

COMMUNITY CALENDAR

Thursday, July 28

City at Sea: Long Distance Learning program presented by SeniorsPlus; 1-2:30 p.m. at West Paris Library. Free with pre-registration - call 1-800-427-1241.

4th Thursday Poetry; Poets and poetry lovers meet again from 5:30 to 7 p.m. at the Rumford Public Library to continue sharing our own and others' works. At the July session, plans for poetry workshops will be presented. Meetings begin with light refreshments. More information: 364-3661.

Friday, July 29

Greenwood Fiddle Jam; 6-9 p.m. at the Greenwood Town Hall, Rte. 26 in the Village of Locks Mills. Slow jam 6-7 PM. All string instruments welcome to play traditional, contra dance, Scotts, Irish, and Quebecois tunes. Every Fridaynight. Free. See Greenwood Fiddle Jam page on Facebook for additional info.

Andover Summer Concert Series; presenting The Robinsons. The outdoor concert is free and starts at 6 p.m. on the Andover town common on Route 5 in Andover.

Saturday, July 30

Opening Reception for Linda Isham; at Art@57Main, Main Street in Bethel. 3-5 p.m. FMI:824-0928.

6th Annual Mahoosuc Land Trust Whitecap Gourmet Hike; 9 a.m. This is a moderately strenuous hike with natural delights along the way and a glorious 360° view at the summit, made all the more delightful by the company and food that is shared. Hikers are asked to come prepared with sturdy shoes, water and protective bug and/or sun spray. In addition, please bring a gourmet dish of your choice for sharing with other hikers. What is gourmet? - that is up to you, and can simply mean extra-crunchy peanut butter. You may also want to carry a bucket for blueberries. Hike will leave from the trailhead off the East Andover Road. Take Route 5 north from Route 2 for 3 miles. Turn right to cross the first bridge, then left on East Andover Road. The parking lot is 200 yards on left.

Sunday, July 31

Concerts on the Hill series; at First Baptist Church of Paris at 3 p.m. Next soloist is Sarah Folsom, soprano from Cincinnati, Ohio. The format of this concert will be Americana music from a variety of genres. Some popular composers as well as some new and upcoming composers will be presented.

Monday, Aug. 1

Mahoosuc Community Band summer concert; 7 p.m. at West Parish Congregational Church in Bethel. Donations accepted at the door. Refreshments will follow the concert. Rehearsals will resume Sept. 12, following an August break.

Tuesday, Aug. 2

Public supper at the North Waterford Church; Route 5, opposite Melby's Eatery. 5 to 6:30 p.m. All you can eat: casseroles, baked beans, salads, and strawberry shortcake for dessert. This year for the first time, eat in air-conditioned comfort. \$9 for adults and \$4.50 for children.

Aug. 1-5

Vacation Bible Adventure; Bethel Alliance Church (across from Telstar parking lot). 6-8:30 p.m. All kids ages 4 through Fifth Grade are welcome.

Thursday, Aug. 4

Bethel Senior Citizens trip to Cindy's Dockside Restaurant in Poland for lunch; (Note: this is a date change from Aug. 3.) The bus will

leave the Bethel Health Center at 8:30 a.m. Plan is to also visiting the Poland Spring Bottling Plant and other places of interest. Non-members are welcome; a donation of \$5 is suggested to help pay for the bus.

Aug. 5-6

Maine Taxidermy Show; at Sunday River's Jordan Hotel. Open to the public both days, 11 a.m. - 5 p.m. No charge; donations accepted. About 100 pieces expected to be displayed.

Friday, Aug. 5

First Friday Reception; Western Maine Art Group, from 5-7 p.m. at the Main Street Gallery, 426 Main Street. The gallery will be exhibiting the work of fine artists and artisans living and working in Western Maine. Featured at the Main Street Gallery in August are the collages of Jo Northrop Thomas, Western Maine Art Group's Artist of the Month. Ms. Thomas recently won first prize for painting at the Norway Arts Festival.

Saturday, Aug. 6

Annual Andover Olde Home Days; 9 a.m. - 3:15 p.m. Parade, antique car displays, exhibits, art & flower shows, crafts, firemen's muster, horse show, food & music. (For vendor registration call Judy at 392-1221.)

Andover Olde Home Days Road Races; 4.5-mile Open Run Road Race (men and women, with age divisions); 1-Mile Fun Race (boys and girls under 15); 1-Mile Open Walk (all ages). Pre-registration thru July 25; registration after July 25 (cost for 4.5-mile increases from \$15 to \$20 after July 25; other races are \$5 throughout period). FMI call/text 207-357-3828 or e-mail brianne.bailey@maine.edu. Make donation fee checks to "Andover Service Circle" Mail to 187 East Andover Rd. E. Andover, ME 04226.

Annual Blueberry Festival; at the Locke Mills Union Church from 7:30 to 11:30 A. M. Pancakes, Sundaes, Pies, Blueberries, etc.

Maine State Kids' Triathlon; at Angevine Park, 11 a.m. Registration ending Aug. 5, though children can still register from 9:30 to 10:30 a.m. on the day of the event. The triathlon is geared toward children ages 8 to 14. Sponsored by Bethel Outing Club.

Sunday, Aug. 7

Maine State Triathlon; 8 a.m. - 11 a.m. Sprint Triathlon - 750 meter swim, 24 K bike, 5.8 K run. Website:mainestatetriathlon.com

Ellis River Connection Celebration; The Mahoosuc Land Trust announces the completion of the first phase of linking the Ellis River Valley to the summit of Rumford Whitecap and invites the community to celebrate, honor and thank the people who made this project possible. 3 - 4:30 p.m. at the Ellis River, on the East Andover Road, one mile north of the intersection of the Andover and East Andover Roads in Rumford. Look for MLT signage. Come and walk about, meet friends and neighbors, and hear about plans for trails and river access. The Land Trust and the deFrees Families look forward to seeing you.

Remembrance Service for Molly Ockett; 2 p.m. at Woodlawn Cemetery, Route 5 in Andover. This year is the 200th anniversary of her death. Speaker will be Cathy Newell. Chairs will be provided. A Molly Ockett quilt by Donna Gillies will be on display at the Andover Historical Society from 2-4 p.m. Event organized by the Cabot Lodge Knights of Pythias.

Open House at Halls Pond Healing Arts; 2-5 p.m., 253 Halls Pond Rd, South Paris. Enjoy the peaceful studio, taste herbal teas, sample essential oils, walk through the beautiful gardens and visit with Katey Branch celebrating 30 years of

being a healing artist, massage therapist, yoga practitioner, dancer and artist. www.hallspnd-healingarts.com

Monday, Aug. 8

Bethel Board of Selectmen; 7 p.m., town office.

Wednesday, Aug. 10

Bethel Senior Citizens Club meeting; 11 a.m. at Stony Brook Campground for their annual picnic. Members will bring either a salad or dessert to share. Hot dogs and hamburgers will be provided. Call Arlene Lowell at 824-2877 before Aug. 1 if you plan to attend.

Waterford Summer Breakfast; 7:30 to 10 a.m. at the Wilkins Community House at the foot of Plummer Hill Road, next to the Waterford Congregational Church. Menu of freshly baked muffins, scrambled eggs, pancakes, real Maine maple syrup, bacon, sausage, donuts, coffee and orange juice. Cost is \$8 for adults, \$4 for child-sized portions, and free for children under 5. Proceeds contribute to the maintenance of the Wilkins Community House. Wilkins House Basement Yard Sale is also held from 7:30 to 11. New items appear at each of the sales.

Aug. 12-14

GREENWOOD BICENTENNIAL; Celebrate our 200th birthday with a parade, lots of food, music, dancing, games for the kids, art, vendors, wagon rides, fireworks, and much more. See schedule on our web site or check the ad the week before. www.greenwoodmaine.org

Friday, Aug. 12

Benefit for Vickie Jamison; at The Rumford Eagles from 5 p.m. - 11 p.m. Free admission. Vickie was an employee of Hope Association for many years, had to retire due to terminal cancer. There will be a \$7 Spaghetti Supper served at 5 p.m. until gone. Chinese Auction - 50/50 will be drawn at 7:30 p.m. Live DJ Music throughout the night. For more information please contact Debbie Averill at 357-4022.

Saturday, Aug. 13

Waterford Library's Summer Gala; 6-9:30 p.m. Silent Auction, Hors D'oeuvres, Wine, Music. Auction Bidding 6:30-8:30. \$3 per person; \$5 a couple. Black Tie optional.

Pie Night Fundraiser for Sam Miele; sponsored by the Gardner Roberts Memorial Library and Stonybrook Campground, 6 p.m. at Stonybrook Campground, 3036 Main St. Rt. 2, Hanover. The public is welcome to attend this family-friendly event to benefit Sam Miele of Hanover, who suffered injuries from an attack by a dog earlier this year. Bring a pie! Eat some pie! Monetary donations will be accepted at the door. Door prizes and 50/50 raffle. All proceeds will benefit Sam Miele for her medical and living expenses. For more information please contact HanoverME-News@gmail.com or stop in to Stonybrook, Jade's Salon in Bethel, or the Gardner Roberts Memorial Library in Hanover.

Thursday, Aug. 18

Breau's Too Cruise Night; 5 to 7 p.m., Breau's Too parking lot, Bryant Pond. FMI: 665-2554.

Monday, Aug. 22

SAD 44 School Board meeting; 6:30 p.m. at Crescent Park Elementary School.

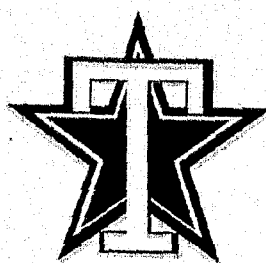
Friday, Sept. 8

Sip and Paint with Paint the Town; at American Legion Post 81 in Bethel (Vernon Street), 6-9 p.m. Event is a fundraiser for the Legion. The subject painted will be a fall landscape. Price per person is \$35; space is limited. Call Frieda Charon at 757-870-4020 for more information.

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Telstar Regional High School Scholarship Recipients From the Class of 2016

A.B. Taylor Memorial Educational Assistance Award:

Mariah Millett & Emily Philbrick
Albany Congregational Church
Educational Assistance Award:
Rachel Barton

Andover Alumni Association Anna Thurston Memorial Scholarship:

Naomi Carr

Andover Alumni Senior Math Award:

Cassidy Smith

Andover Alumni Senior Science Award:

Cassidy Smith

Andover Alumni Association

Sweatt Family Memorial Scholarship:

Naomi Carr

Andover Alumni Association Walter Fox Book Award:

Cassidy Smith

Andover Educational Fund

Cutting Endowment Scholarship:

Naomi Carr, Joshua Crosby, Dharma Damon, Lisa Gammon, Calvin Glover, Dakota Hutchins, Cassidy Smith, Brianna Vitale

Andover Service Circle Award:

Lisa Gammon

Anna Barker Memorial Award:

Cameron Rothwell

Annie Crockett Foundation Educational Assistance Award:

Carla Boyle-Wight, Jillian DeLallo, Lisa Gammon, Rebecca Howard, Mariah Millett, Hayley Peterson, Emily Philbrick, Cameron Rothwell, Ashley Savage, Cassidy Smith, Amber Souve, Savannah Vermette

Bear River Grange Educational Assistance Award:

Carla Boyle-Wight

Bethel Area Business Association Educational Assistance Award:

Kaitlyn Brown, Keith Crockett-Harrington

Bethel Area Chamber of Commerce Student Citizenship Award:

Austin Bear, Blair Stevens

Bethel Foodliner Pat Glidden Educational Assistance Award:

Shylyn Buckman, Rebecca Howard

Bethel Foodliner Pat Glidden Memorial Educational Assistance Award:

Savannah Vermette

Bethel Rescue Educational Assistance Award:

Blair Stevens

Bethel Rotary Club Bill Conary Memorial Educational Assistance Award:

Austin Bear

Bethel Rotary Club Ed Quinn Memorial Educational Assistance Award:

Carla Boyle-Wight

Bethel Rotary Club Robert Saunders Memorial Educational Assistance Award:

Keith Crockett-Harrington

Bethel Rotary Club Floyd Mason Memorial Educational Assistance Award:

Jillian DeLallo

Bethel Rotary Club Dick Verville Memorial Educational Assistance Award:

Hayley Peterson

Bethel Rotary Club Charles Feld Memorial Educational Assistance Award:

Emily Philbrick

Bethel Rotary Club Rollie Glines Memorial Educational Assistance Award:

Amber Souve

Campbell Conference Football Educational Assistance Award:

Calvin Glover

Christopher Powell Memorial Educational Assistance Award:

Keith Crockett-Harrington

CMCC/Telstar Dual Enrollment Scholars:

Luke Angevine, Austin Bear, Jessica Dine, Rebecca Howard, Octavia Morin, Hayley Peterson, Cameron Rothwell, Ashley Savage, Amber Souve, Olivia York

College/University Grants & Scholarships - Univ. of Southern Maine

Rachel Barton, Lisa Gammon, Savannah Vermette

College/University Grants & Scholarships - Saint Josephs College of Maine

Austin Bear

College/University Grants & Scholarships - Univ. of New Hampshire

Carla Boyle-Wight

College/University Grants & Scholarships - Thomas College

Shylyn Buckman

College/University Grants & Scholarships - Unity College

Fabian Corriveau Jr.

College/University Grants & Scholarships - Grinnell College

Jessica Dine

College/University Grants & Scholarships - Champlain College

Rebecca Howard

College/University Grants & Scholarships - Univ. of Maine Farmington

Mariah Millett

College/University Grants & Scholarships - Central Maine Community College

Hayley Peterson, Cameron Rothwell

College/University Grants & Scholarships - St. Michael's College

Ashley Savage

College/University Grants & Scholarships - Univ. of New England

Cassidy Smith

Dorothy "Dee Dee" Palmer Memorial Educational Assistance Award:

Lisa Gammon

Early College for Maine Educational Assistance Award:

Kaylee Haas, Kirstie Haas

Edwin & Eleanor Swain Memorial Educational Assistance Award

Austin Bear

Eva Bean Memorial Educational Assistance Award:

Nancy Huston

Four Year Faculty Award for Academic Excellence in English:

Kaitlyn Brown

Four Year Faculty Award for Academic Excellence in Fine Arts:

Brandon Zadakis

Four Year Faculty Award for Academic Excellence in Industrial Technology:

Robert Crockett

Four Year Faculty Award for Academic Excellence in Mathematics:

Ashley Savage

Four Year Faculty Award for Academic Excellence in Performing Arts:

Christian Brown

Four Year Faculty Award for Academic Excellence in Science:

Cassidy Smith

Four Year Faculty Award for Academic Excellence in Social Studies:

Cassidy Smith

Four Year Faculty Award for Academic Excellence in Spanish:

Savannah Vermette

Franklin Savings Bank Community Development Foundation Scholarship:

Amber Souve

Gilead Historical Society Educational Assistance Award:

Rebecca Howard

Gilead Student Educational Assistance Award:

Rebecca Howard

Greenwood Student Educational Assistance Award:

Nancy Huston, Savannah Vermette

Greenwood Student Finlandia Educational Assistance Award:

Nancy Huston

Grover Gundrilling Educational Assistance Award:

Ashley Savage

Hancock Lumber Educational Assistance Award:

Hayley Peterson

Hilda & Irving Brown Memorial Educational Asst. Award:

Shylyn Buckman

J. Richard Littlefield Memorial Educational Asst. Award:

Nancy Huston

James Keith Memorial Educational Assistance Award:

Brandon Zadakis

Jefferson Masonic Lodge #100 Educational Asst. Award:

Keith Crockett-Harrington

John B. Fox Scholarship:

Naomi Carr

John B. & Eunice Fox Prize Scholarship:

Naomi Carr

Kevin Powell Memorial Educational Assistance Award:

Savannah Vermette

Lester C. Bickford Memorial Educational Assistance Award:

Kaylee Haas, Kristie Haas

Loring Swain Memorial Educational Assistance Award:

Cassidy Smith

Mahoosuc Arts Council Graham/Rackliffe Educational Assistance Award:

Carla Boyle-Wight

Mahoosuc Kids Association Book Award:

Rebecca Howard

Maine Council on Elder Abuse Prevention Scholarship Contest:

Hayley Peterson

Maine Principal's Association Award:

Savannah Vermette

Melmac Tyler/Grandmaison Principal's Education Assistance Award:

Mariah Millett

Michael Brooks Most Outstanding Senior Athlete Award:

Rebecca Howard

Mr. Telstar (14th Annual):

Austin Bear

Ms. Telstar (14th Annual):

Rebecca Howard

Mt. Abram Fish & Game Association Educational Assistance Award:

Brandon Zadakis

Mundt Allen Post #81 American Legion School Award Medal:

Austin Bear, Cassidy Smith

National Honor Society Distinction:

Rachel Barton, Austin Bear, Carla Boyle-Wight, Kaitlyn Brown, Shylyn Buckman, Naomi Carr, Dharma Damon, Lisa Gammon, Rebecca Howard, Mariah Millett, Hayley Peterson, Ashley Savage, Cassidy Smith, Trisha St. Pierre, Blair Stevens, Savannah Vermette

National Technical Honor Society Distinction:

Fabian Corriveau Jr., Lexie-Ann Hart, Rebecca Miller, Blair Stevens

Newry Student Award:

Carla Boyle-Wight

Northern Oxford County Area Counselors (NOCAC) Educational Assistance Award:

Shylyn Buckman, Austin Bear

Northern Oxford Health & Service Organization Educational Assistance Award:

Austin Bear

Oxford County Education Association-Retired Educational Assistance Award:

Carla Boyle-Wight

Oxford County Mineral & Gem Association Educational Assistance Award:

Carla Boyle-Wight

Oxford Federal Credit Union Educational Assistance Award:

Lisa Gammon

Patricia McGuire Memorial Educational Assistance Award:

Mariah Millett

President's Award for Educational Achievement:

Austin Bear, Carla Boyle-Wight, Shylyn Buckman, Dharma Damon, Mackenzie Jones, Lisa Gammon, Mariah Millett, Octavia Morin, Hayley Peterson, Cameron Rothwell

President's Award for Educational Excellence:

Jessica Dine, Rebecca Howard, Cassidy Smith, Ashley Savage, Amber Souve, Savannah Vermette

Principal's Award - Cum Laude:

Cassidy Smith

Principal's Award - Summa Cum Laude:

Jessica Dine, Rebecca Howard

Project Opportunity Educational Assistance Award:

Luke Angevine, Rachel Barton, Austin Bear, Carla Boyle Wight (SR Ski Resort Scholar), Kaitlyn Brown, Shylyn Buckman (O'Brien Scholar), Keith Crockett-Harrington, Jillian DeLallo, Jessica Dine, Lisa Gammon, Kaylee Haas, Kirstie Haas, Rebecca Howard (Ottens Scholar), Nancy Huston, Mackenzie Jones, Mariah Millett, Hayley Peterson, Emily Philbrick, Cameron Rothwell, Ashley Savage, Cassidy Smith, Amber Souve, Blair Stevens, Savannah Vermette

Region 9 Career & Technical Education Vocational Student of the Year:

Blair Stevens

Rumford Eagles Aerie #1248 Educational Assistance Award:

Rebecca Howard

Rumford Elks Lodge Most Valuable Student Educational Assistance Award:

Ashley Savage

Sally Hannon Spirit Award:

Blair Stevens

Sandon Morgan Memorial Educational Assistance Award:

Jillian DeLallo

Sarah Craig Future Teacher Educational Assistance Award:

Emily Philbrick

Senator George Mitchell Educational Assistance Award:

Austin Bear

Ski Esta Educational Assistance Award:

Carla Boyle-Wight, Thomas Wright

State & Federal Grants:

Shylyn Buckman, Rebecca Howard, Mariah Millett, Hayley Peterson, Cameron Rothwell, Ashley Savage, Cassidy Smith, Savannah Vermette, Brianna Vitale

Stuart Thurlow Memorial Educational Assistance Award:

Jillian DeLallo

Sunset Rebekah Lodge #64 Educational Assistance Award:

Kaitlyn Brown

Telstar Alumni Association Educational Assistance Award:

Kaitlyn Brown, Shylyn Buckman, Rebecca Howard, Mariah Millett, Ashley Savage

Telstar Education Association Educational Assistance Award:

Mariah Millett

Telstar High School Student Council Distinguished Service Award:

Austin Bear, Carla Boyle-Wight, Kaitlyn Brown, Dharma Damon, Rebecca Howard, Ashley Savage, Cassidy Smith, Storey St. Pierre, Blair Stevens, Savannah Vermette, John Walker

Telstar High School Top Scholar Recognition - Co-Valedictorians:

Jessica Dine, Rebecca Howard

Telstar High School Top Scholar Recognition - Third Honors:

Cassidy Smith

Telstar High School Top Scholar Recognition - Fourth Honors:

Amber Souve

Telstar High School Top Scholar Recognition - Fifth Honors:

Ashley Savage

Telstar High School Top Scholar Recognition - Sixth Honors:

Savannah Vermette

Telstar High School Top Scholar Recognition - Seventh Honors:

Carla Boyle-Wight

Telstar High School Top Scholar Recognition - Eighth Honors:

Austin Bear

Telstar High School Top Scholar Recognition - Ninth Honors:

Lisa Gammon

Telstar High School Top Scholar Recognition - Tenth Honors:

Cameron Rothwell

Telstar National Honor Society Senior Book Award:

Naomi Carr, Cassidy Smith, Trisha St. Pierre, Savannah Vermette

Telstar Parent Volunteers Educational Assistance Award:

Mariah Millett, Cameron Rothwell

Woodstock Fireman's Relief Educational Assistance Award:

Jillian DeLallo, Cameron Rothwell

Woodstock High School Alumni Association Educational Assistance Award:

Kaitlyn Brown, Keith Crockett-Harrington, Nancy Huston, Mariah Millett, Blair Stevens

Woodstock Student Educational Assistance Award:

Jillian DeLallo, Kaylee Haas, Kirstie Haas, Cameron Rothwell

Woodstock Student Finlandia Educational Assistance Award:

Jillian DeLallo

TOTAL LOCAL Educational Assistance Awards*

*College, State & Federal Grants Not Included

\$177,721.00

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Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

Here's a copy of the alphabet to guide you:

ABCDEFGHIJKLMNOPQRSTUVWXYZ

XIBU JT B TIBSL'T GBWPSJUF

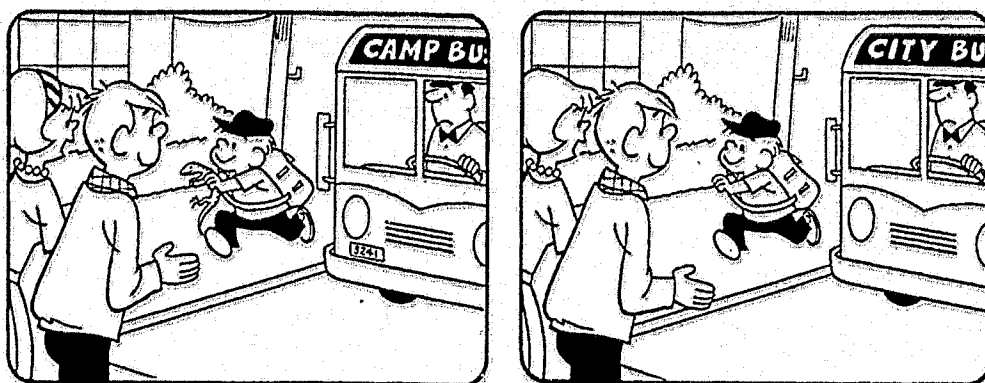
TBOEXJDI? QFBOVU CVUUFBS BOE

KFMMZGJTI.

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences:
1. Headband is missing. 2. Arm is moved. 3. Lizard is missing.
4. Bus name is different. 5. Bus mirror is smaller. 6. License plate is missing.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: B equals O

CKZX M SMXEOP SBLXY VP

OBXH-VMQUOEFZY KBOZ-

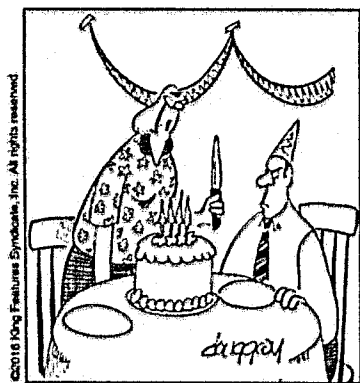
ULXFKMXH WBBO, M EXXBLXFZY

"ECO MQ XBW OBQW."

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SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!



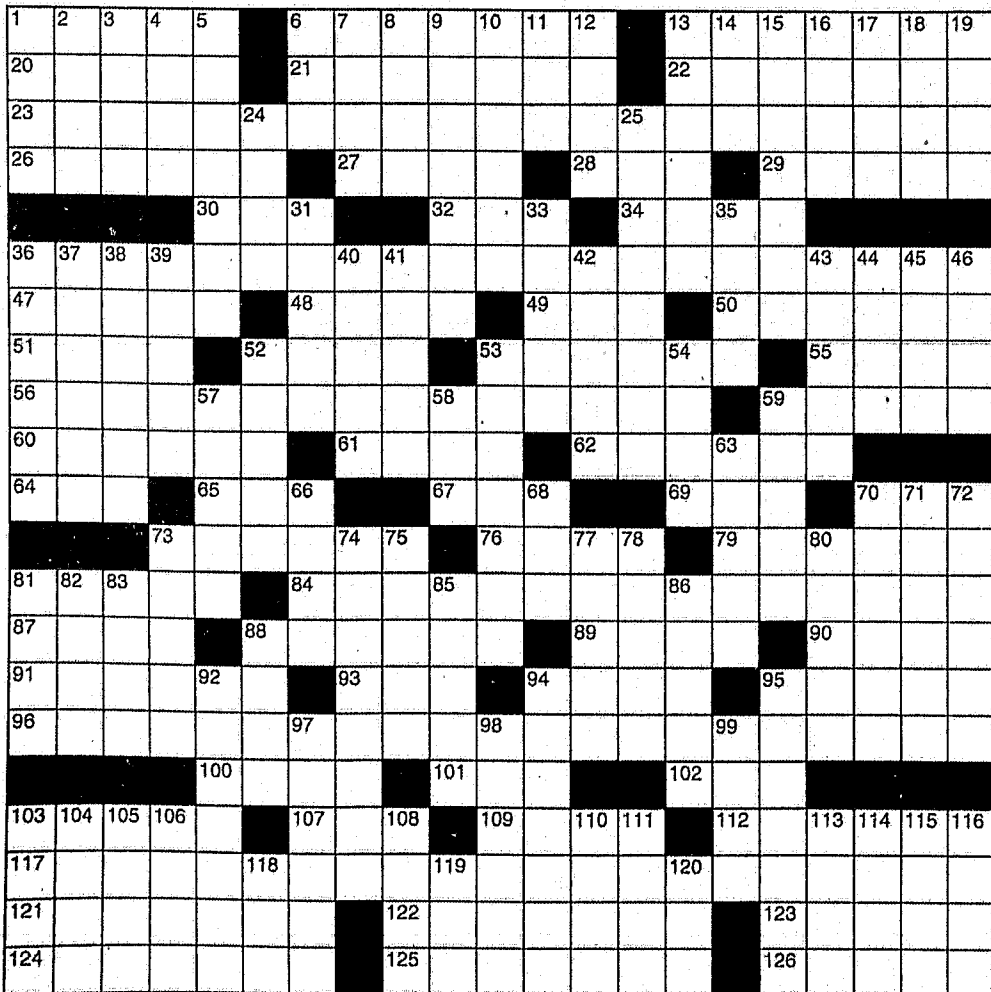
Port
BORRAH
Arise
METS
Covert
TALENT
Convey
KAPES

TODAY'S WORD

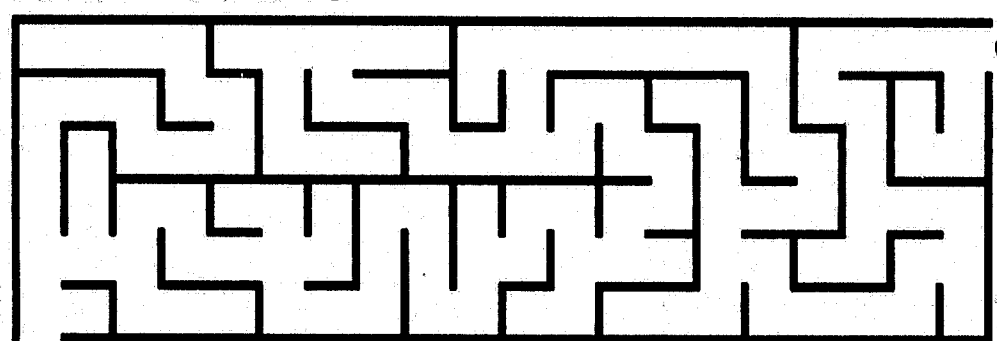
Super Crossword

PROPELLING ANSWER

- ACROSS
- 1 Syria's president since 2000
 - 6 Devalue
 - 13 Most optimistic
 - 20 Fry lightly
 - 21 Pilot in "Star Wars"
 - 22 Everywhere
 - 23 Start of a riddle
 - 26 Bull-themed tequila brand
 - 27 Bewildered
 - 28 Fore and —
 - 29 Baseballer Stengel
 - 30 "— pro nobis" ("pray for us")
 - 32 Top-secret govt. group
 - 34 Be a stinker
 - 36 Riddle, part 2
 - 47 Thwart
 - 48 Big name in elevator safety
 - 49 — Lankan
 - 50 Farmer, e.g.
 - 51 Grain tower
 - 52 P.O. part
 - 53 Like forests
 - 55 Singer
 - 56 Riddle, part 3
 - 59 Morale restorer
 - 60 General Electric co-founder
 - 61 Ending for switch
 - 62 Venom
 - 64 Curtain fixture
 - 65 Cheer at a
 - 59-Across
 - 67 "Miami Ink" channel
 - 69 Not talking
 - 70 Chinese philosophy
 - 73 Neighbor of Mozambique
 - 76 Fit of petty annoyance
 - 79 Defiant sorts
 - 81 "Fer — out loud!"
 - 84 Riddle, part 4
 - 87 Biker's bike, informally
 - 88 Voting sheet
 - 89 Seeling things
 - 90 Best Picture of 2012
 - 91 Illusion artist
 - M.C. —
 - 93 Fritz's "the"
 - 94 Pop singer
 - Lisa
 - 95 Swimming star Janet
 - 96 End of the riddle
 - 100 Put frosting on
 - 101 President pro —
 - 102 Greek letter, after pi
 - 103 Turn to hit
 - 107 "Give — kisses!"
 - 109 Having skill
 - 112 Vigorless state
 - 117 Riddle's answer
 - 121 Dermal art
 - 122 3-D model of a scene
 - 123 Sasha's sis
 - 124 Patroness of Québec: Abbr.
 - 125 Pen user's stain
 - 126 Lute of India
 - 8 Slaughter in baseball
 - 9 Climbs
 - 10 Fertilizer compound
 - 11 "Xanadu" band, briefly
 - 12 Director
 - Ephron
 - 13 One giving a tirade
 - 14 On in years
 - 15 Smooth raincoat
 - 16 Fort Dodge's state
 - 17 Days before holidays
 - 18 Dried and withered
 - 19 Deuce topper
 - 24 Rhino part
 - 25 "Yes, alas"
 - 31 In on — thing
 - 33 Big name in old fables
 - 35 Jumpy
 - 36 Dryer go-with
 - 37 Spanish city or province
 - 38 Installed anew, as floor tiles
 - 39 Kris — ('90s rap duo)
 - 40 Common answer at the door
 - 41 Salt-peter
 - 42 Organization
 - 43 Film director
 - Christopher
 - 44 Many a missing GI
 - 45 "Little" Dickens girl
 - 46 Strong cart without sides
 - 52 Prescribing punishment
 - 53 Tam-o'-shanter, e.g.
 - 54 Wedge filling a gap
 - 57 Mosque holy book
 - 58 Kiddle
 - 59 Foe of Paris
 - 63 Is an Internet explorer
 - 104 "— does it!"
 - 105 Eight-bit unit
 - 106 Dog in "The Thin Man"
 - 108 "— can't get up!"
 - 110 Clear hurdles
 - 111 Red monster of kids' TV
 - 113 Morales of "Freejack"
 - 114 Thaw
 - 115 Large pelvic bones
 - 116 Way yonder
 - 118 Hoodwink
 - 119 Victory
 - 120 Tit for —



Kids' Maze

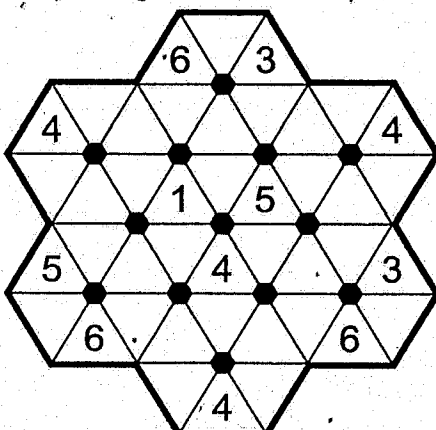


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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ♦

♦ Easy ♦ Medium ♦♦♦ Difficult

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Weekly SUDOKU

by Linda Thistle

		6	8			4	
	3			2	8		
7				1			5
8		9			5	4	
	7		8		6		
	9			6		3	
9	4		7			8	
5		1			3		
8			5	7			

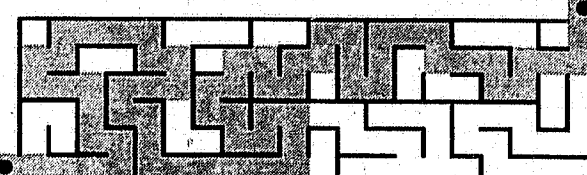
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging

♦♦♦ HOO BOY!

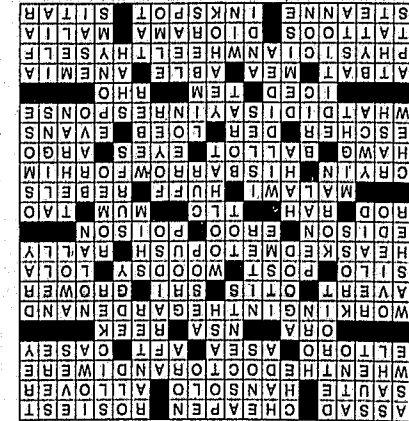
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Kids' Maze Solution

SCRAMBLERS
Today's Word
3. Latent; 4. Speak
solution
1. Harbor; 2. Steam; long-misplaced hope - answer
When I finally found my answer
CryptoQuip
"Aw! is not lost."

Answers:
Puzzles4Kids
What is a shark's favorite sandwich?
Peanut butter and jellyfish.
Answer



Super Crossword

Answers:
Weekly SUDOKU
1 2 3 4 5 6 7 8 9
2 9 6 8 5 7 3 4 1
3 5 4 6 2 8 9 7
7 4 8 3 1 9 6 2 5
8 6 2 3 6 3 1 5 7 4
4 3 7 1 5 8 4 9 6 2
9 1 4 6 7 3 2 5 8
6 1 4 9 8 4 3 6
5 2 7 1 9 8 4 3 6
8 6 3 2 5 1
Answers

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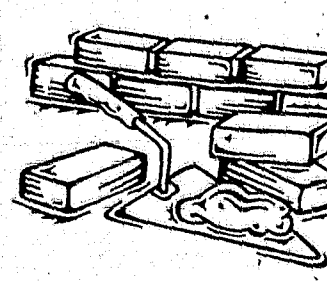
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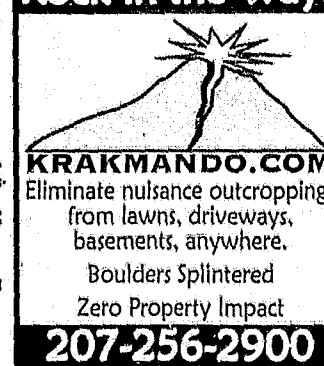
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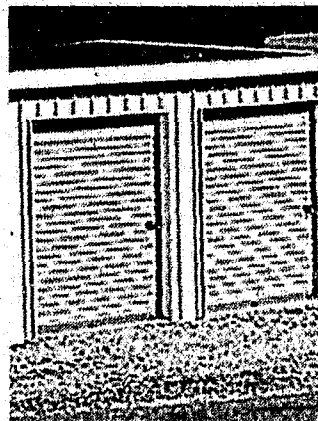
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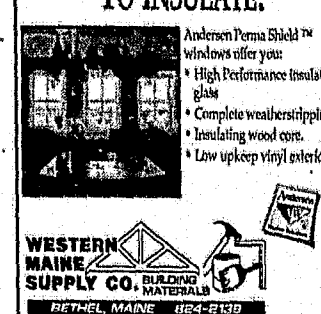
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LEARNING SKILLS AT CAMP NORTH WOODS—Last week more than 120 girls ages 8 to 12 enjoyed outdoor activities at Camp North Woods on Lake Christopher in Bryant Pond. This week 120 boys are participating in the same program. Camp North Woods "is a legacy project based on the show 'North Woods Law' and we wanted to capture some of the energy from the show to inspire kids to go fishing, paddling, and hunting," said Ron Fournier, director of the University of Maine 4-H Camp & Learning Center. The camp was started in 2015 by the Maine Department of Inland Fisheries and Wildlife, in cooperation with the Learning Center. "Our goal is to teach kids about all regulated outdoor activities like hunting and fishing, and shooting sports and to bring an awareness of the activities to them and hope they enjoy them," District Game Warden Peter Herring said. "Another goal is to create ethical sportsmen and a desire to work in conservation law; we're looking for new wardens." Here, Game Warden Justin Fowle, center, and campers and counselors steady a canoe while a camper pulls herself back in. The canoe was tipped over in the water to teach campers to not be afraid and learn important water safety skills.

R. Dillingham/Sun Media

Your job, your health

(Ed. note: This is the first in a series of columns by Victoria Crockett-Rice, D.C. at Bethel Station Chiropractic, on musculoskeletal conditions associated with different careers. The columns will appear on a space-available basis.)

Postural issues associated with sitting at a desk

Do you ever feel tightness in your neck and mid-back? Maybe some tightness or a burning sensation around your shoulder blade and are not sure what is going on? There is a possibility your posture has been compromised from sitting at a desk and/or working at a computer. What happens is the trapezius muscle is working overtime to try and correct your posture while you may be sitting in a slumped position that seems more comfortable for you. The trapezius muscle runs from the base of your skull to your lower back and also to the back of your shoulder. As you sit at a desk and/or computer it is important to be aware of your posture and that over time if you have been sitting in a slumped position your muscle's memory have formed to that position. With that slumped position it can cause an increase in the kyphosis of your upper back, rounded shoulders and a forward head carriage. Along with those postural changes you can cause a weakening of the muscles around the shoulders and in the neck increasing the possibility of future injury of the neck and shoulders.

Dr. Vicki Rice is a neuromusculoskeletal professional that has the knowledge and training to help treat these symptoms. Dr. Rice is available for a complementary brief consultation, for those who may have these complaints or those similar, to determine if you are a candidate for Chiropractic care. Please give her a call at 207-824-3899.

Moore Park Art Show

She is a wood crafter. He is a Photographer. Together Nancy and Gary Swinton of Durham spend their summers exhibiting their arts, and winning awards, at the finest art shows in Maine. The duo will be showing together at the Seventh Annual Moore Park Art Show, July 31 from 9 a.m. to 4 p.m. (rain date Aug. 6).

There will be something for everyone and every age. Along with more than 30 artists and fine crafters from around Maine there is also a full day of live enter-

tainment that features dance, "refined" clowning, giant puppets, live music and dance. With the gated playground right in the venue, it is a perfect recipe for a family day out.

The collection of art awaiting exhibit includes paintings, jewelry, sculptures, woodwork, fiber arts, illustrations, pottery, photography, and much more. Home-cooked food will be provided by The Progress Center in Norway.

Open Air

By Tom Remington

Dogs Out of the Fountain Please

I know I shall develop a few more enemies but I must persist. When I got a chance to glimpse at the Bethel Citizen newspaper, I saw the photos posted on the front of the back section of the paper. One photo showed people and a dog in the fountain on the town common. The photo was captioned to say that humans and canines were "cooling off" in the fountain. There may have been more than cooling off going on.

I have written in this column before about a parasite known as *Echinococcus granulosus* (E.g.). The Maine Department of Inland Fisheries and Wildlife (MDIFW), twice have issued statements about the discovery of this disease in Maine. The first mention was that biologists, working with the University of Maine, had discovered "lung worms" in moose examined at checking stations in the Presque Isle region. Communication to the commissioner confirmed that the "lung worm" was, in fact, cysts in the lungs caused by the E.g. parasite.

Just recently, MDIFW announced that during their ongoing moose study, all collared moose that had died last winter, were infected with Hydatid cysts from the E.g. parasite.

It should be readily concluded that all of Maine probably is contaminated with E.g.

When a person contracts the parasite, cysts can form in the lungs, liver, brain and other organs of the body. Hydatid disease, is difficult to diagnose, and even more difficult to operate on. Hydatid disease can be deadly to humans. If a cyst ruptures, more than likely anaphylactic shock will kill the patient.

It is of vital importance to understand how E.g. is spread. Wild and domestic canines are the definitive host of the parasite. Infected coyotes, wolves and foxes will leave tiny spore-like E.g. eggs in its scat. Other animals, such as deer, moose, elk, caribou, pigs, etc. graze near this scat

and in so doing ingest the spores.

These tiny spores are extremely viable, withstanding extreme temperature changes for long periods of time, as well as persisting in water.

Dogs that go out of the house, and especially those that are allowed to "free range," are potential carriers of the E.g. spore. Here's how. The wild canines will leave their scat in just about any place. Perhaps you have seen a pile in your yard, along side the road or near a walking or hiking trail. With the known presence of E.g. in Maine, more than likely that scat is contaminated. A dog will be a dog. Dogs will eat other animal scat and/or roll in it to cover their own scent. Or, if allowed, your dog may decide to stop and take a bite on a dead carcass and that carcass may be infected with the parasite.

The most common way a dog can then infect a person is by carrying home with them the tiny spores on their fur or in their mouth. In the case of the dog in the photo, if that dog had the parasite on its fur or mouth, entering the water would have, more than likely, deposited some parasites into the water. There are people in or at the edge of the fountain. Sticking a hand in the infected water and the hand making its way to the mouth, a parasite could be ingested. Petting an infected dog could also leave a spore on the hand - then to the mouth. Letting a dog lick a child's face is also dangerous.

It's also important to know that none of these acts of infection are stopped because your dog has, "had all its shots." Proper vaccinations will prevent your dog from contracting Hydatid disease, but does nothing to prohibit picking up the parasite and passing it on.

Because of the dangers of this disease, dog owners should be more aware of the possibilities of infecting other, unsuspecting people, when they take their dog to public places, i.e. the town fountain to "cool off" or to a public beach.

If you visit my webpage, tomremington.com, in the menu bar click on "Wildlife Diseases" to find pages of scientific information about E.g.

Uptown Cruizahs Car Show

Bring a Kid to a Car Show - young and old alike, come join the Uptown Cruizahs on Sunday Aug. 7 for their 8th Annual Car Show! The show will again be held at the New Balance Factory Store on Route 26 in Oxford. This is a rain or shine event. There will be 23 classes from antique autos and street rods, to trucks and present day vehicles. There will be three awards in each class. Registration is from 7:30 to 11 a.m. and the cost is \$5 per car. As always, admission is free for spectators, but donations will be gratefully accepted. The show participants will vote in each class up to 12:30 p.m. and awards will be held at 2 p.m. Purchase a ticket for the

Chinese Auction and you could be a winner! Throughout the day Club members will be busy providing fantastic food at a reasonable price. Music will be provided by Red Wing. So bring your chairs and get comfortable and enjoy the beautiful vehicles.

Proceeds from this event as well as the clubs Monday cruise night at Tractor Supply in Oxford will benefit local organizations such as Santa Visits Oxford, Maine Veterans' Home activity fund, and Responsible Pet Care. For more information on the show or cruise nights please call Les Wing at 890-0870 or Dan Tripp at 743-8073. Hope to see you there!

Town of Gilead

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Classifieds

Andover School Department

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INVITATION TO BID ON ROOF CONSTRUCTION PROJECT

Andover School Department is seeking bids for a roof project at the Andover Elementary School in Andover, Maine. The roof system to be constructed is to be placed above and over existing roofing to alleviate snow load, standing water issues and will be built per plan design. Plans issued for construction will be provided upon bid packet request. Bid proposals must include materials list, proof of insurance(s) and total cost of job. Interested parties can obtain bid packets at the Andover Elementary School on August 8, 9, 10 and 11 from 9 AM to 4 PM. All sealed bid proposals must be marked "Andover School Roof Project" and be submitted to the Andover School Department by August 15, 2016, no later than 4:00 pm. Questions should be directed to: Superintendent's Office, (207) 392-4381

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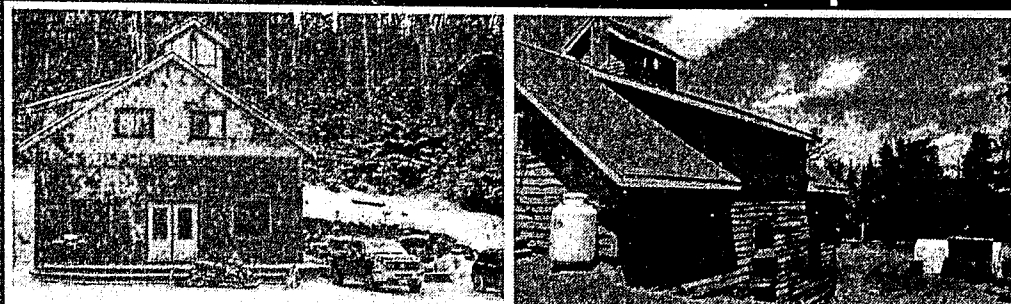
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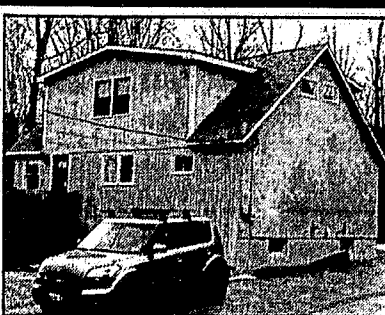


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Classifieds

WANTED

Antiques/collectibles: Estate/one item. FREE estimates. Call Mike or Louanne RUMFORD CENTER ANTIQUES, INN AND AUCTIONS. 1384 RT. 2 Rumford Center, (207) 357-5951, or thibbs53@gmail.com

HELP WANTED

BETHEL FAMILY HEALTH CENTER SEEKS A FAMILY NURSE PRACTITIONER OR PHYSICIAN Assistant to provide primary care and preventive services in a practice that includes integrated behavioral health services. The practice has been a vital part of the community since 1979 and today 3,500 people from Andover, Bethel, Gilead, Greenwood, Hanover, Newry, Upton, Woodstock and beyond receive medical care each year. We offer competitive compensation and malpractice coverage. The site is eli-

gible for loan repayment. EOE. Contact: Recruiter, HRCHC, 10 Water Street, Suite 305, Waterville, ME 04901. 207-660-9913, Fax: 207-660-9901, Communications@HealthReach.org, www.BethelCHC.org

DRIVERS: Great Home-time. \$1,250 + per week + Monthly Bonuses. Excellent Benefits. Newer Trucks. No Touch. CDL - A 1 yr. exp. 855-842-8498

SERVICES

BENNETT'S UPHOLSTERY - Home and office furniture, antique and modern. Call for free estimates, quality workmanship at very reasonable prices. 824-2336

REAL ESTATE

CHOICE HOMESITES WITH MOUNTAIN VIEWS and/or among tall pines in Bethel, Norway, Harrison. Ted Chadbourne. 207-829-6384 or e-mail: ted.chadbourne@gmail.com

GREAT VIEW LOT for a remote seasonal getaway near thousands of acres of timberland, hidden ponds, and hiking trails. Owner financing available. www.remotelandmaine.com 207-653-9955

RETIREMENT SETTINGS with paved roads and reasonable protective covenants. Many of these lots have great views. Owner financing offered. 3 locations. www.retirementlandmaine.com 207-653-9955

FOR RENT

1 BEDROOM APARTMENT, 171 Main Street, Bethel. Available July 1. Dishwasher, washer/dryer hookups, second floor, new carpet and paint. No pets, no smoking. 824-4836.

1 BEDROOM RUSTIC LOG CABIN year round rent available October 1. Bedroom, kitchen/dining, living room and screened in porch over

looking small stream. Heats well with K-1/monitor heater. Located in Hanover, \$600/month plus utilities, 1 year lease. 503-831-1571.

AVAILABLE NOW: BETHEL VILLAGE: Cozy 3-bedroom ski house. Professional persons/family up to 4. Fully furnished, great location on Mountain Explorer route. 207-824-2340 (seasonal or monthly)

BRYANT POND: 1 BEDROOM APARTMENT. No smoking, 10 miles to Bethel, 12 miles to Norway/South Paris. Leave a message and I will call back: 665-2552.

BRYANT POND: spacious 3 bedroom apartment half way between So. Paris & Bethel, \$750 per month includes heat, hot water & trash, no pets, no smoking, security & excellent references only, 207-665-2265.

FOR RENT: Furnished, heated 1 bedroom apartment in Hanover, 5 minutes from Sunday River Ski Resort. No smoking, no pets. 824-3342.

FOR RENT: ONE BEDROOM APARTMENT in Hanover. Great location, just 7 miles from Bethel and Sunday River, 15 miles from Rumford. Many amenities. Reasonably priced. Call 557-2392 or 557-2845.

FULLY FURNISHED 3 BEDROOM HOME. Free WiFi, \$850/month includes ALL! 207-357-3441

HANOVER: 1 bedroom apartment, office, large kitchen, living room. Heat, hot water, dishwasher, washer/dryer, fridge, stove. No pets, non smoking. Suitable for one, \$700/mo. 364-7482.

LAKESIDE CABIN: Private, fully furnished, close to Bethel and Mt. Abram. WiFi, cable, nice views. Available days, weeks, ski season. Call Michael: 836-2422 days

LARGE 2ND FLOOR, NEWLY RENOVATED ONE-BEDROOM APARTMENT located on Main Street in Bethel. \$675/month includes heat and electricity. No pets or smoking allowed. Call 824-3200

LARGE 3RD FLOOR, ONE BEDROOM APARTMENT located

on Main Street in Bethel. \$675/month includes heat and electricity. No pets or smoking allowed. Call 824-3200.

MASON ST., BETHEL, MAINE: 1 & 3 BEDROOM furnished apartments. Available immediately. Includes parking, trash, and heat. Rate depends on length of lease. Storage rental also available. Call Pat: 207-824-8060

MOBILE HOME LOT FOR RENT in small family friendly mobile home park in Bethel, \$175 lot rent includes public water, trash, mowing, & plowing, security & excellent references only, 207-665-2265.

OFFICE SPACE FOR RENT

PROFESSIONAL OFFICE SPACE now available on first floor of 14 Main Street in Bethel. 144-180 sq. ft. office comes with shared Lobby, conference room and Kitchen facilities. Heat, electric and internet included for \$350/month. Call 824-3200

AVAILABLE AUGUST 1. 572 sq ft office space, plus another 636 sq ft basement space, in Main Street Professional Building. Share landscaped grounds, sign kiosk and paved parking lot. \$600/month plus utilities. Call Scott at 653-9297.

Small family-oriented Inn located in Lovell/Stoneham, Maine looking for the following positions:

FRONT DESK/RECEPTIONIST

Successful candidate must have excellent computer and customer service skills. Must be able to multitask, and assist with other duties including light housekeeping. Hourly wage \$10/hour. Hiring part time Mon-Fri 3-10pm shifts, Saturday 8-3pm. IF you possess previous resort or hotel experience, that would be a definite asset. Must be reliable and mature.

HOUSEKEEPERS

Prior experience preferred, but will train the right candidate. Seasonal position. July - October. Tuesdays, Fridays & Saturdays required.

NIGHT WATCH PERSON

10pm-8am Shift. Wed, Thurs, Fri & Saturday evenings. No flexibility in these shifts. Must have excellent people skills. Must be able to multi-task. The successful candidate needs to be reliable and references are required. Background checks will be conducted.

Please send resume to
BeckyEvergreenV@fairpoint.net
and MargCrown47@gmail.com

Invitation to Bid

FY 2017 ROAD RESURFACING PROGRAM OF TOWN ROADS IN BETHEL, MAINE

The Town of Bethel is seeking sealed bids in its FY17 road resurfacing program. A scope of work is available at the Bethel Town Office.

Deadline for submission of sealed bid sheets to the town office at Town of Bethel 19 Main Street, PO Box 1660, Bethel Maine 04217 is Wednesday August 3 @ 2:00pm, at which time bids will be opened and available for public inspection.

One or more bidders are expected to be identified at the August 8th meeting of the Board of Selectmen. Contract authorization will occur at the earliest mutual convenience beyond the date.

All contractors shall become familiar with the work and shall rely on their own investigation prior to submitting a bid. The Town representative will be available to have site/sites proposed for paving inspection. No consideration will be granted for any alleged misunderstanding of the material to be furnished, the work to be done, or for any defects in the final product that are the result of the absence of pre-inspection of a site.

The Town reserves the right to submit change orders in writing to the Contractor. In that event the Town will negotiate with the Contractor to determine costs. The Town also reserves the right to reject bids in whole or in part at its sole discretion.

It is the Town's intent to complete this work in FY17 in a professional manner with quality results. All work must be done to the satisfaction of Town officials. The Contractor guarantees that the work and materials will be free from defects and flaws and shall be guaranteed for a period of one year from date of completion. The scope of work is applicable. Please contact Mr. Scott Sumner, Public Works Director, at 824-2370 with any questions, or if a site visit is required.

HELP WANTED

We are growing again! Looking for experienced Kitchen & BBQ Help. Flexible hours, good pay, benefits, and great work environment. Apply in person.



Rt. 2, Bethel - Ask for Dave or Heather

YARD SALES!

BETHEL
18 High Street
BARN SALE
Fri, July 29 7-close
Sat, July 30 7-10am

Emptying the barn. Kitchen cabinetry, bicycles, chimney parts, wide molding, vintage items: cook stove, massage chair, lamp shades, curtains, clothing, fabrics, notions, picture frames (g. and sm.), easels, dolls, cool nic-naks. Also outdoor/sports equipment, lots of books, tools and more

BETHEL
North Road
Saturday - July 30
9AM-1PM
YARD SALE

new blender, toaster oven, microwave, mens shirts size L, jackets, 7" angle grinder, shop vac, glassware, cups and saucers etc.

Office/Sales Manager Bethel Citizen

The Bethel Citizen is looking for a full-time Office/Sales Manager with proven experience in customer service, sales and design.

Responsibilities include managing an office for a community newspaper, from point of sale to distribution. Coordinating with customers, in-house personnel, printing companies and distributors, from start to finish.

Key Responsibilities:

- Coordinate sales, design and production of weekly newspaper and area guides.
- Ability to provide sales leadership by determining and driving revenue goals, implementing sales strategies and actively pursuing sales opportunities.
- Process and track all advertising materials.
- Produce support materials including sell sheets, advertising calendar, and up to date media kit.
- Prioritize and accomplish multiple management tasks within established timeframes by effectively planning and managing workload.

Qualifications:

- Bachelor's degree in business, communications, marketing or related field a plus.
- Experience in sales, marketing or related field.
- Prior experience with other print publication(s) preferred.
- Experience in graphic design. Knowledge of Adobe Creative Suite specifically Photoshop and InDesign. Exceptional organizational, written and verbal communication skills.

A benefit package is included. Please submit your cover letter and resume to the address below. This is a great opportunity for the right individual.



Sun Media Group
Attn: Human Resources
P.O. Box 4400, Lewiston, ME 04240-4400
Or email: humanresources@sunjournal.com

Bethel Citizen is a division of Sun Media Group

Advertising email:
ads@bethelcitizen.com

News email:
news@bethelcitizen.com

or call
824-2444

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Come join the team at the fastest growing dealership in the North Country where employee satisfaction is just as important as customer satisfaction!

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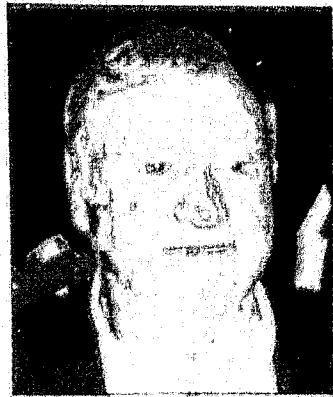


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489 Main St. Route 16, Gorham NH 03581

www.autonorth.net

Obituaries



WILLIAM B. LEVER
1919 - 2016

William Bewley Lever of Auburn, Maine, died peacefully on June 26, 2016, at the Hospice House. He was born on Dec. 17, 1919 in Lewiston, Maine, the son of John Filmore Lever and Mary Bewley Lever.

He was educated locally, graduating from Lewiston High School in 1936 and from Bates College with a liberal arts degree in 1941.

Bill taught English and French for one year at Union High School in Union, Maine, after which he was inducted into the U.S. Army Air Force in 1942. Bill served as a bombardier in the 6th bomber group, 207th Air Force, for 3 1/2 years. He flew combat missions to Japan from the island of Tinian in the South Pacific.

Following his discharge from the service in December of 1945, he was employed by State Mutual Assurance Company of Worcester, Massachusetts. His career as a life insurance agent spanned 47 years in the Lewiston-Auburn area. He was the first to admit that his best sales presentation resulted in his marriage to Muriel Thurston Hall in January of 1947.

During those years, Bill was very much involved in the life of the local community serving as special gifts chairman of the United Fund. He was also on the board of Central Maine Medical Center serving as its chairman from 1978 - 1980. Bill was also a communicant of Trinity Episcopal Church, serving on its vestry for several years.

Bill thoroughly enjoyed all the great things that the Maine Outdoors provided. He somehow always found time for hunting, skiing, and for the most captivating sport of them all, golf. He served as President of the Martindale Country Club, and was also active in the Maine State Golf Association from 1958 - 1960. His innate skill and success as an amateur golfer proudly earned him induction into the Auburn-Lewiston Sports Hall of Fame in 2005.

He is survived by his two daughters, Barbara L. Sa-

bin and Joan L. Chabot, who, following the untimely death of his wife Muriel, made his later years far happier than he ever imagined. The family suffered a wrenching blow when their son Bill, a gifted athlete and scholar at Bowdoin College, was killed in a tragic automobile accident at the age of 25.

Other family survivors include his sister Betty of West Barrington, R.I.; Barb's husband Roger of Andover, and grandsons Ben of Tokyo, Japan, Michael and his wife Kristina of West Paris; Joanie's husband Marc of Auburn, granddaughter Nicole and wife Becky, and great-grandsons Cole and Wyatt of Stoughton, Mass., and granddaughter Katelyn and husband Noel, and great-grandson Cian of Weymouth, Mass.

The Lever family would like to express our heartfelt appreciation to the caring staff of Helping Hands and Hospice House, who provided immeasurable support and comfort in the final stages of Bill's life.

CHARLIE AKERS

Charlie Akers, 76, passed away recently at Mat-Su Regional Medical Center in Palmer, Alaska. He died peacefully, surrounded by his loving family, after a long battle with prostate cancer ('93), and later, Alzheimer's Disease.

Charlie was born in Rumford, Maine, and raised on a small farm in Andover, Maine, with his parents and two older brothers. He started skiing almost as soon as he could walk, and became competitive in high school, winning the state cross country championship in both his sophomore and senior years. While attending the University of Maine, he continued competing, and in 1959, won the NCAA Cross Country Ski Championship. In 1960, Charlie was selected for the U.S. Olympic Cross Country Ski Team; he took a semester off college so he could compete at the 1960 Olympics in Squaw Valley, Utah.

After graduating from college, Charlie enlisted in the Army in 1961. He was asked to take part in a special program - a Biathlon Training Unit at Fort Richardson, in Anchorage, Alaska. Charlie qualified for the U.S. Olympic Biathlon Team, and competed once again in the Olympics - this time in the 1964 Olympics held in Innsbruck, Austria. Charlie placed 16th, and was the top American finisher.

Much of Charlie's military biathlon training was done in Hatcher Pass and the mountains surrounding the Mat-Su Valley. He

News and classes at SAD 44 Adult Education

Summer is half over and we have been busy in the Adult Ed office and Learning Center. The Learning Center is open this summer for HISET test preparation and any other academic needs you might have.

This August we will run one more session of the popular Hypnosis for Weight Loss with instructor Tanya Quarteman. Learn the latest nutrition and exercise information to assist in releasing those unwanted pounds gently and easily. Tanya will work with you using hypnotic and meditative techniques to enable your continued success. This workshop meets three times on Wednesday evening beginning on Aug. 3.

The office has been busy preparing our fall brochure, which will be loaded with classes to enrich and inform you. We will offer fiddle, guitar, ukulele, voice, quilting, first aid, many health and wellness classes, hunter safety, and a workshop on maple sugaring, to name a few. This is only a partial list. Our staff and instructors are putting together the schedule and course descriptions now. If you have an interest or skill you would like to share with others in an adult education class, please contact us.

More information about our classes can be found by calling the Adult Education office at 824-2136, ext. 1340, or by visiting the website at sad44.maineadulted.org.

Age Friendly Community news

A few reminders: Our Age-Friendly Community publicity is developed for not only Bethel area seniors and their families and caregivers, but also family members "from away." If you or someone you know cares for a member of our local community of seniors, you may contact me to be put on the list for our electronic newsletter - or we can post-mail it.

At the Bethel Library there is a small collection of AARP monthly bulletins and bimonthly magazines. We want it to grow, so if you have copies you don't need any more, we invite you to add them to the pile. And if you don't subscribe to the publications, feel free to take one every once in a while - they are full of wonderful information!

Also at the library is a display of other books and publications designed for the senior population. Some are labeled for people to take; others may be checked out.

The coordinator of the local Meals on Wheels program is David Moyer (1-800-427-1241). This program also features Books on Wheels, with books sent out by the Bethel Library.

211, a nation-wide network, is both a phone number and a website. Through it you can access a statewide directory of over 8000 resources, including agency services and support groups.

The National Aging in Place Council (<http://www.ageinplace.org/>) offers practical advice and a planning template called "Act III: Your Plan for Aging in Place" that can be filled out online.

Maine Senior Guide (<http://www.maineseniorguide.com>) has a section on home safety, modifications and maintenance.

PMI on any of the above: Nancy Davis (nancydavis.bethel@gmail.com, 381-1110).

loved the Valley and its people, and chose to settle in Palmer when his stint in the military was complete. In 1964, he was hired as a teacher by the Mat-Su School District. Within a few years, he became a principal and throughout his career he worked at Swanson Elementary, Wasilla Elementary, Iditarod Elementary/Junior High Combo, Wasilla Junior High, and finally at Palmer High School until his retirement in 1986. He was, perhaps, the only principal in the Valley to work at all the different grade levels. During his early years in the Valley, Charlie married Pamela Webb, and had two children, Charlie Jr. and Kimberly. In 1973, Charlie

married Linda Farrar. Charlie loved the outdoors and all that Alaska had to offer. There were many air boating, snow machining, three wheeling and four wheeling, flying, fishing, and hunting trips throughout the years. He owned a cabin at Lake Susitna, and used to love to frequent it with family and friends. About the time he retired, he learned to play golf. He loved the game. As time would permit, he played with several men's leagues in Palmer, and also hauled his golf clubs wherever he traveled - Mexico, Hawaii, Palm Springs, and New England.

After retiring from the school district, Charlie turned one of his passions, flying, into a business. He earned his commercial pilot's license, got an air taxi permit, and started Alaska Mountain Air. For 16 years, he flew hunters, fishermen, hikers, and sightseers - mainly in the

MLT celebrates Ellis River Valley link to Whitecap Preserve

The Mahoosuc Land Trust has announced the completion of the first phase of linking the Ellis River Valley to the summit of Rumford Whitecap and invites the community to celebrate, honor and thank the many people who made this project possible.

Jane and Burt deFrees purchased an old farm in the Ellis River Valley, raised their family on Grove Farm, and shared its outdoor recreation areas with friends and summer campers. The Grove Farm land is now linked to the Rumford Whitecap Preserve and is open to the public to hike, walk and access the meandering Ellis River.

"The Land Trust recognizes the recreational opportunities for community members to access over two miles of frontage on the Ellis River," said Bob Iles, President of the Mahoosuc Land Trust, "and the critical wildlife corridor that the deFrees Farm provides, river to mountain top. The conservation

purchase of the Ellis River link combines farm, forest and vital connections to water."

Please join the Mahoosuc Land Trust in celebrating the Ellis River connection on Sunday, Aug. 7 from 3:00 to 4:30 p.m. at the Ellis River, on the East Andover Road, one mile north of the intersection of the Andover and East Andover Roads in Rumford. Look for Mahoosuc Land Trust signage. We hope you will take this opportunity to come and walk about, meet friends and neighbors, and hear about plans for trails and river access. The Land Trust and the deFrees Families look forward to seeing you.

The Mahoosuc Land Trust is an accredited community land trust encouraging public interest in conservation in central Oxford County and eastern Coos County, N.H., supporting a balance of growth and conservation and emphasizing sustainable and traditional land uses.

Mahoosuc Land Trust Whitecap Gourmet Hike

The Mahoosuc Land Trust is happy to announce the 6th Annual Whitecap Gourmet hike. This year's hike will be on Saturday, July 30, beginning at 9 a.m. This is a moderately strenuous hike with natural delights along the way and a glorious 360° view at the summit, made all the more delightful by the company and food that is shared.

Hikers are asked to come prepared with sturdy shoes, water and protective bug and/or sun spray. In addition, please bring a gourmet dish of your choice for sharing with other hikers. What is gourmet? That is up to you, and can simply mean extra-crunchy peanut butter. You may also want to carry a bucket for blueberries.

The hike will leave from the trailhead off the East Andover Road. Take Route 5 north from Route 2 for three miles. Turn right to cross the first bridge, then left on East Andover Road. The parking lot is 200 yards on left.

The Mahoosuc Land Trust is an accredited community land trust encouraging public interest in conservation in central Oxford County and eastern Coos County, N.H., supporting a balance of growth and conservation and emphasizing sustainable and traditional land uses.

came his way. He loved every moment he spent with family and friends. He never met a person he didn't like. Everyone was an equal, and if someone needed help, he was there. Charlie dreamed big, and put 110 percent into everything he did. Charlie was full of energy, always happy, positive, and smiling; he lived in the moment and never looked back; he was very independent, but always cooperative and helpful; he was ingenious and creative; he was loving and nonjudgmental; he was forgiving and very humble; he was trusting of others, and confident with his place in life. His tall stories will be missed, but many of his attributes live on in his children, and in those whose lives he touched. God bless you, Charlie Akers. You were a very special person, and positively influenced many lives.

In lieu of flowers, please make any donations to a charity of your choice. The Akers' mailing address is PO Box 1, Palmer, AK 99645. A Celebration of Life took place July 20 in Palmer.

7:30 AM Tuesdays at The Bethel Inn on the Common, Bethel
www.bethelrotary.org

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BETHEL ALLIANCE CHURCH
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AUGUST 1st - 5th
6:00 P.M. - 8:30 P.M.

ALL KIDS AGES 4 YEARS THROUGH 5TH GRADE
ARE WELCOME!
PLEASE JOIN US!!!
CALL 207-824-2289 FOR DETAILS

Swain Family Farm has new phone numbers.
Please call
Ed at: 357-9504
or Lori at: 357-9508
Thank You!

THE GEM

The Secret Life of Pets (PG)
1:30, 3:30, 5:30, 7:30

Star Trek: Beyond (PG-13)
1:45, 5:15, 7:45

FRIDAY July 29th - MONDAY Aug 1st
(207) 824-8248
23 Cross St., Bethel / www.gametheater.com

CONGRATULATIONS!
MADAME CHRISTINE LANDES

If you see Christine around, you're seeing less of her. We had an inside bet for the Workout 24/7 Biggest Loser Challenge and she won! In fact she was the women's over all % biggest loser! All that hard work has paid off Madame Town Manager. You rocked this challenge and I simply lost our little bet! I am happy for you.

Humbly yours, Amy Bernard,
Newry Town Administrator,
Loser of the bet.

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